Four Patterns. Five Gore Cycling **Skirt,** Braided Bolero **Coat,** Smart Net **Blouse,** Child's Embroidered **Overall.**

Vol. XXXIV.
No. 3.
MARCH,
1907.

Myra's Journal

3D.

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Early Spring Number.

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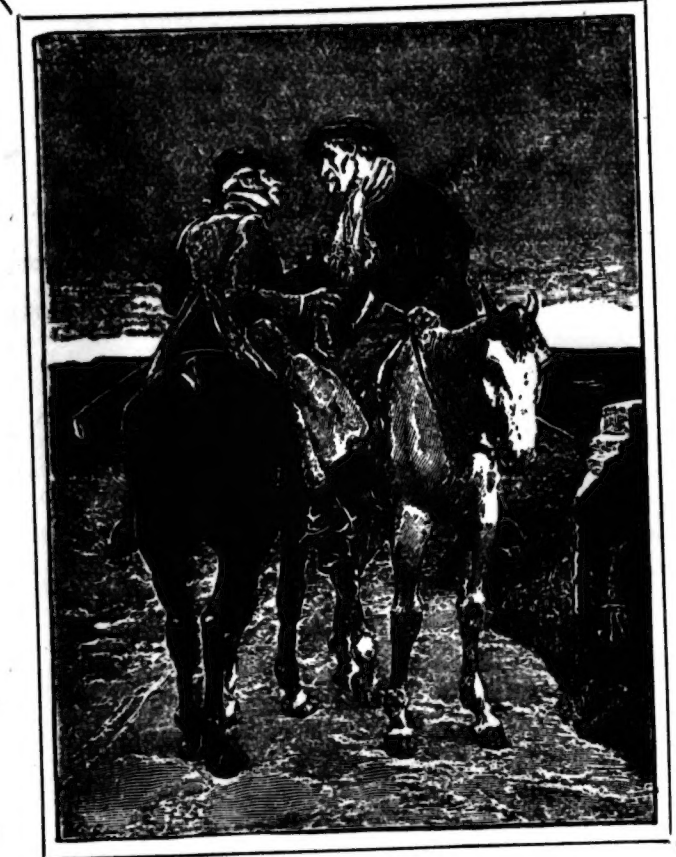

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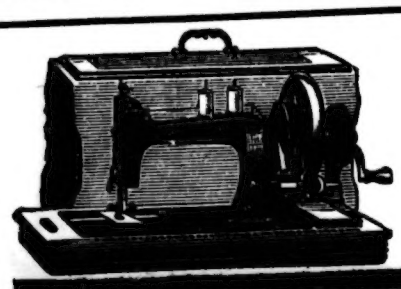

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FASHION NOTES FOR THE MONTH

THE key-note of the spring fashions is the "kimona" effect. This means a very long sloping shoulder quite without armhole seam, and the effect is obtained by cutting fronts, sleeves and backs in one. A seam down the back centre is sometimes allowed, and in some garments a seam is permitted right down the shoulder to the edge of the garment, these allowances being a necessity if the garment in question is of a large size. Cunningly inserted wedges eke out the required width where necessary. We have kimona boleros, kimona blouses, kimona cloaks, kimona dressing-gowns and jackets, &c., all being very extensively made in all sorts of materials.

Another very prominent point is to be noted—the immense use made of black velvet ribbon as trimming. We have become accustomed to that charming novelty, the velvet hem, used to weight a skirt of very light or transparent material. Now, we are to have innumerable strappings and designs on skirts, &c., carried out in velvet ribbons of all widths. A wonderful effect was lately obtained on a Parisian gown of white point d'ésprit net, the edge of which was decorated with a band of embroidery rising nearly to the knee, carried out entirely in superposed rows of black Tom Thumb velvet ribbon, forming the always chaste and elegant "key" pattern.

Straps of broader velvet ribbon rise vertically in carefully graduated lines up smart skirts, for indoor or evening wear. The same thing is to be noted in handsome braid for tailor-made gowns. There is no marked novelty in skirts just now, but for all smarter frocks the skirt is very long (not trained), and is very flowing, falling in soft and graceful folds which are supplied by the circular cut and not any pleats or tucks which may appear above—these last are by no means necessary.

The Directoire styles are in vogue. Directoire dinner coats of striped silks are seen in smart circles, and three-quarter Directoire coats, beautifully braided, accompany long, flowing eel skirts, both made in the new, fine, supple cloth.

But if there is no specially new cut for skirts, the high waisted skirt is to be noted, almost Empire in effect; but the bodice is longer—a sort of cross arrangement between the Empire and what we might call the "tailor" waist. Tailors, be it remembered, are so anxious for a neat waist in their lady clients that they press down the waist line often unduly, in a manner which is rather trying to a figure not boasting a good length of leg.

The Directoire styles are much in vogue for very smart evening gowns for married ladies. It is not a girlish style. In fact, no "picture" gowns are girlish, and picture gowns will be very much to the fore this season. The beautiful Stuart or "Henrietta Maria" style is being made in supple satin or velours chiffon, combined with white satin, and graced, of course, with the lovely Stuart collar of lace, or muslin and lace, and the big slashed sleeve with cuff to match. The crenulated, square-tab basque is, of course, never omitted in the best types of this lovely gown.

Trimmings on the whole are very novel. Some of the smartest Paris dresses are trimmed with crochet strappings and crochet buttons, dyed to match the gown. Crochet silk shoulder straps with long tassels are a very elegant decoration.

Tassels are being placed wherever they can be tastefully and *sensibly* hung. This means, of course, the prevalence of the Greek peplum point, and some of the most exquisite wraps, tea-jackets, and tea-gowns from the Continent are cut as to sleeve or basques and collar in the most graceful points, each prominent point tipped with a tassel. And here a word of warning. Every point must not be tassel-tipped. The Parisienne shows her usual taste and discrimination in fixing tassels to the most prominent points which will benefit by their weight and emphasise the points' natural length.

Trimmed armholes are in favour with gowns of long "Victorian" shoulder For this trimming braid, velvet ribbon, lace, passementeric, &c., are used.

Braids and passementerie are truly lovely this year, and buttons are works of art. There is a great deal of sequin and bead embroidery about, iridescent embroidery, the sequins being very small for choice, and the beads long, of the "pipe" type. A lovely tea coat of net, cut in graceful peplum points, is worked all over with iridescent mother-o'-pearl small sequins and beads, the prominent points tipped with bead tassels.

Gold and silver tissues are in demand for very rich evening and court dresses, especially as underslips beneath beaded net, chiffon, &c. Silver, on the whole, seems to be preferred to gold. The shoes are made of the shimmering fabric, and look just like the lovely little slippers we are accustomed to see on Cinderella's feet in the ball-room scene of the Christmas pantomimes. A great deal of gold and silver lace is being employed to form draped berthes, &c.; and gold or silver gauze is a favourite material for a very fashionable decoration on lace motifs, insertions, &c.: Louis XVI. bows.

A great many striped fabrics are to be had, silk, gauze-like, or fine wool. As a rule the stripes, broad or narrow, are of velvet, and the gown is trimmed with velvet, matching the stripe.

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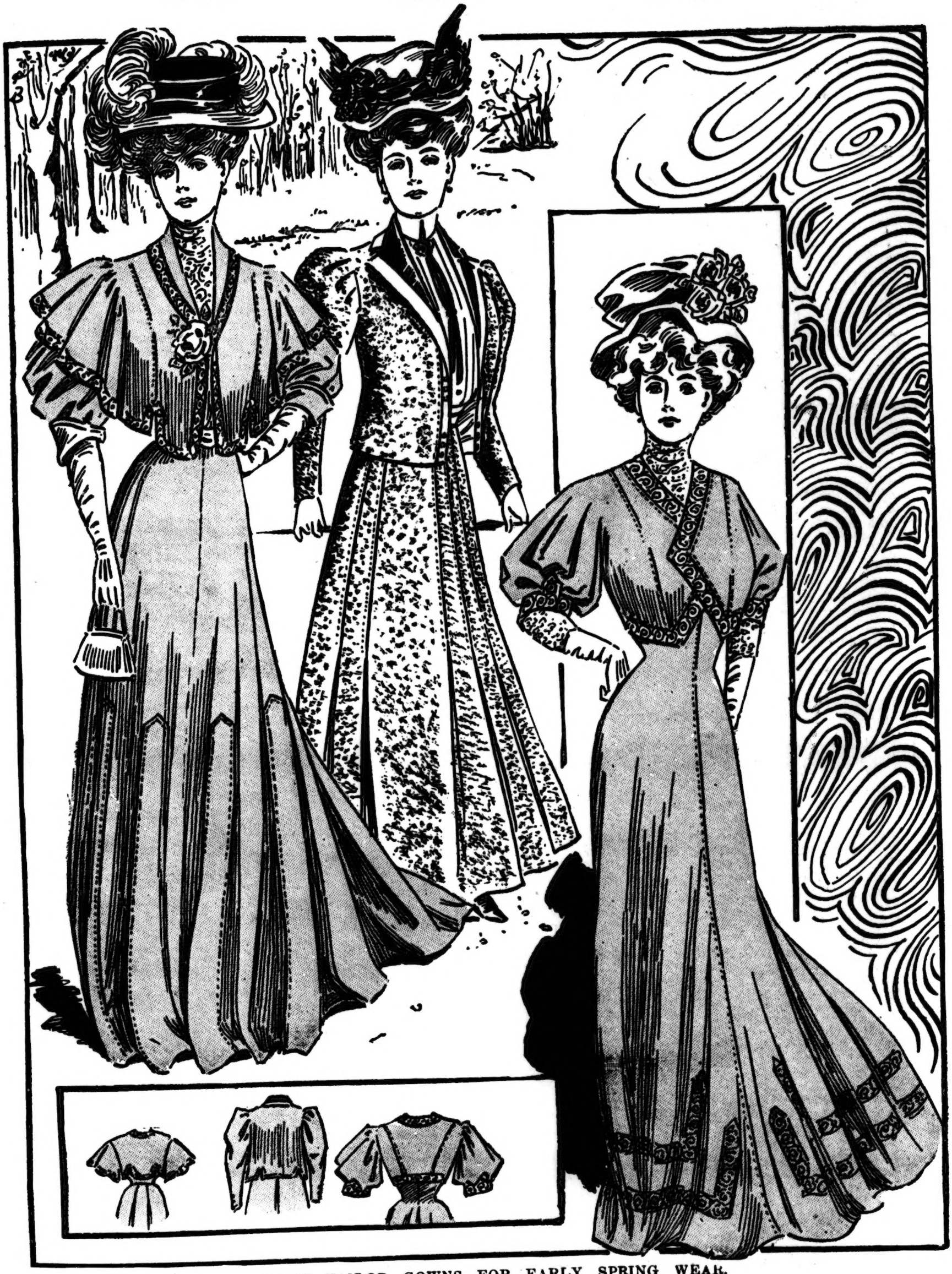

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The Man in the Chair.

By Helen Mathers.

(Author of "Comin' Thro' the Rye," &c.)

BLEAK and awful the man's face challenged me, with a curse, a question in its dreadful eyes. The curse was for the day, the sky, the sea, and yes, for me, because the keen joy of living tingled in me from head to foot, and I exulted in the sea-weed scented wind, in the springy turf under my feet, in the throbbing song of a lark high up in that vivid blue sky, which is rarely seen in England save on the east coast.

I had stolen away from the great city to my Sleepy Hollow in which so much pure content lay hid. Often it seems to me that this Hollow is mine alone by right of discovery and the intense delight it gives me, yet many others wot of it, too, where it lies at the West Gate by the sea, with only Iceland between its green self and the North Pole.

Clean and pure blows the wind from those northern regions, bringing many a whiff of sweetness from the garden flowers that bloom under the sea, and life seems to smooth itself out under that healing breath, and worry and care to fall from you as you stand midway on the cliff, and look back to the lovely hollow in the Bay, or away to the venerable church that at a distance gives an air of dignity to a garish town beloved of Cockneys, which is as a very sunflower to the modest violet of the place I love, though they lie but a mile or so apart.

I had started immediately after breakfast "over the hills and far away" on a day of delicious vagabondage which would embrace Ramsgate among other places (for the sake of my beloved shipping), nor bring me home till sunset, so eager was I not to lose one hour of sunshine. But in the very flood-tide of my rejoicing at my liberty I was pulled up short, stunned almost, by one look from the eyes of a lonely man who lay flat on his back in a long invalid couch right in my path, and pushed almost to the edge of the cliff that overhung the beach below.

The tide was racing in; soon there would only be the blue water under that cliff; and it seemed to me a shamefully careless thing that the man should be brought hither, and left alone, absolutely at the mercy of any passer-by, who had but to give the light couch a little push and pouf! he would drown like a rat, or be broken in pieces on the rocks below.

Only a criminal would do it, of course, or one of those boys, born with homicidal tendencies who take to murder as naturally as a duck to water, but I could quite understand how wicked fingers might itch to give that little push, bringing about stupendous results, and at last find the overmastering temptation too strong for them, the more especially as no human thing was in sight, far as the eye might stretch.

The man, of course, was one of the poor cripples who come in their scores to the Sea Bathing Home, and whom you may see in fine weather basking on the sands below, or laid out, like this one, to take a sun-bath on the cliff. Yet I had never before come on one thus unattended, and before his eyes met mine, involuntarily I had walked more slowly, with a sharp sense of contrast between his lot and mine, that, alas! but made my joy all the keener.

He lay staring at the sky, and it was only when I came close, and in his line of vision, that he turned his eyes on me, and, as I have said, slew all my happiness with one glance, and plunged me for the moment into that hell of agony in which he moved and had his being.

Involuntarily I stopped, just as if a lightning blow from a poignard had arrested my heartbeats, and his eyes still held mine when, recovering myself, I moved step by step towards him, and became aware that the eyes were asking me a vital question, urgently, furiously, as if they knew what my answer would be, and cursed me beforehand for its refusal.

In that slow progress towards him that to me seemed to last a century, and in which I felt like one who in a rare moment of happiness is abruptly summoned to witness all the horrors of a torture chamber, I had no thought of disobeying the summons of those terrible eyes, and when at last I had come close, and was looking down upon him, it almost seemed to me that I must obey him, too, when he said, in the tone of an officer in command to his men,

"Push me over the cliff."

He said it so naturally, and the man himself was so winnowed away almost to pure spirit, that his eyes (with the curse now gone clean out of them) held an almost celestial clearness, ay, and supernatural power. For the moment I was in the man's grip, and it seemed to me quite the right thing that I should obey him as my spiritual master, even as his disciples obeyed Paul, martyr and saint.

"I lay here listening and praying that some one might pass this way, and I heard you singing before I saw you," he said. His voice was that of a gentleman and a scholar, of one who has lived habitually with, and uttered the great thoughts of great minds, "and though you are a woman, and therefore pitiful, my heart sank, and I cursed you for a fool—what is there in life to sing about? And I cursed you deeper when at a distance I saw your heedless, rosy face—for I knew that neither a fool nor a happy person would have the sense to do my bidding, but when you came near, when you whitened, and I saw your eyes"—he paused, and turned his own away, and on the instant his strange influence over me waned.

"They are true eyes," he said, "eyes that have suffered, fought, conquered—eyes that show you would dare to do a plucky, womanly thing—is any one within sight?"

My eyes mechanically swept the cliff to right and left—it was the late autumn of the year, and but little frequented, being all the dearer to me for that reason.

"There is no one," I said.

"My servant may be here at any moment," he said, rapidly, "I sent him on a fool's errand. Listen; on my way to be married to the woman I loved and who loved me I was caught in a railway smash—and literally broken into bits. I am alive only in the largest bit—and those devils who call themselves my friends are moving heaven and earth to keep the vital bit imprisoned in a hell of suffering, instead of leaving the gate open and letting me creep through it, and I have my own theories on that point. Nature ruthlessly starves his cripples, weeds out the unfit, and Nature never errs. She builds no hospitals for her breakages and mistakes, as cruel man does, in which to wall up living souls. My people know my views, and they watch me and jail me, and I have never once got a chance till this morning. Night and day I have racked my brains for a way out (I am bedridden, or it would be easy enough), and half an hour ago it came to me suddenly, after I had made my fool wheel me to the edge of the cliff, how one little push would do the trick, so I told him I felt faint, dying, and he must go back to the town for brandy—and he went. And then I prayed, as I have never prayed before, that God would send some angel of deliverance this way; some one who had suffered . . . one who could feel pity . . . and he had barely gone when you came, singing . . . and, as I told you before, I cursed you because I had no hope of you, you were too happy. Is any one coming?"

"There is no one," I said, straining my eyes for a sign of life, but there was none nearer than in a fisher-boat rocking a couple of miles away out at sea.

"My man can't go and return from the nearest public-house in less than twenty minutes," he said; "five are already gone. He must come back to find—nothing. Sometimes the cliff slips, but it will not slip for me. I am very muscular still"—he looked up at me with a pitiful defiance that brought tears to my eyes—"and he will think I got restless—the chair is very light, and moves easily—and that I worked myself over the edge. The tide is quite in by now?"

I answered him nothing. The tears were rolling down my cheeks, and I took the poor thin hand in both mine, and held it just as if he were my own familiar friend, and looked at him, feeling as if for very pity my heart must break.

"So you won't do it!" he cried out in such agony as I never heard but once before, and that in a man who loved and clung to life but had to face death at almost a moment's notice. "Your eyes

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can't lie, you are one of the cursedly obstinate ones, and you call yourself a good woman!" He snatched his hand violently away. "I call you a cold, inhuman devil. Pah! crocodiles' tears. Ten precious minutes gone—is there any one within sight?"

"A tramp," I said, "going towards Westgate. It is you who are inhuman, for if I had pushed you over, he must have seen me, and I should probably have been hanged for murder."

"One pang," he said indifferently, "and all over. You have doomed *me* to a million deaths, each more appalling than the last. Go," he cried in feverish haste, "run, you stifle my breath with your smug philosophy," and he thrust out an arm and pushed me away so furiously that I almost fell.

"And I once called myself a gentleman," I heard him say softly to himself as I fled, fled so far and swiftly in a mad, unreasoning terror of myself, inasmuch as I had almost done the thing that he wished, that when I looked back, the tramp had come up with him, and was stooping over his chair, listening intently. He made a sign towards me, and shook his head. I seemed to hear the invalid declare that I was to be trusted, that I would not interfere; then quickly the tramp put his hand inside the man's breast pocket, and open a book, and took something out, looking defiantly across to where I stood, and, God forgive me, I absolved the man! I knew the temptation was too much for him, that he was practically but the instrument of the cripple's terrific will power, yet when the blood-money had been handed over, why did I stand rooted to the spot, neither crying out nor hindering, nay, rather straning my eyes lest there should be any other human being within sight on that lonely cliff?

I saw the tramp step back, but first he touched the other's hand with a gesture that even at that distance I knew was kindly, then he took a short run . . . I shut my eyes, and when I opened them three seconds later the cliff was bare, and the man was running swiftly inland over the uneven turnip fields, while from the opposite direction a gentleman's servant was hurrying at great speed.

When he came within sight of the spot where he had left his master, I saw him stop, and look anxiously round, then he ran like one mad to the cliff, and so to the edge of it, and looked over, then suddenly threw up his hands, and uttered a loud cry, and turned and saw me.

I stood quite still as he ran towards me, but in spite of his agitation, his manner was perfectly respectful as he said,

"You saw it, Miss—how did he get over?"

"I saw nothing," I said quietly, "I was walking away from him, not towards him. Only a minute ago I passed him there, when I looked back he had vanished."

"He couldn't have done it himself, miss," said the man, still shaking as if in an ague fit, "we knew what he wanted, and never gave him a chance. Has any one passed you—a tramp, or mischievous boy?"

I shook my head.

"You left him in an unsafe place—a touch would have sent him over," I said sternly, "and you seem to imply that he had suicidal tendencies—a very little working about with his arms would do it."

The man shook his head. He was a typical gentleman's gentleman in every way, with perfect manners, and he had already regained full control of himself.

"And you saw no one, miss?" he said with quiet insistence.

"No one," I said. May God forgive me that lie, but I did not then, nor ever could since, look upon that tramp as a murderer; to one tortured soul he must have shone clear as an angel of release, and after all, he had more courage and resolution than I.

Stealthily I stole a glance towards the sky line, just as the man's figure vanished against it, and instinctively I drew a free breath, for a train was due in ten minutes, and he would just be able to catch it. And there was no one to raise the hue and cry after him; if thought telepathy is worth anything, the man should have felt perfectly safe with me.

"I must go and tell the police," said the valet, and he eyed me narrowly. "My master had a good deal of money on his person, and if that is missing," he paused, respectfully, and his tone was a glass that revealed me to myself in my pallor and excitement, and by my own showing I was the only person near when the "accident" happened.

"If it is missing," I said coolly, "well, I have heard of pockets emptying themselves when persons are drowning. I hope he fell into deep water, and was not bruised and knocked about."

"Did he tell you he had been knocked about before, miss?" said the valet instantly.

"I have eyes," I said curtly. "As I passed him I saw that he was a cripple." Then I bade him a brief "Good day," and left him.

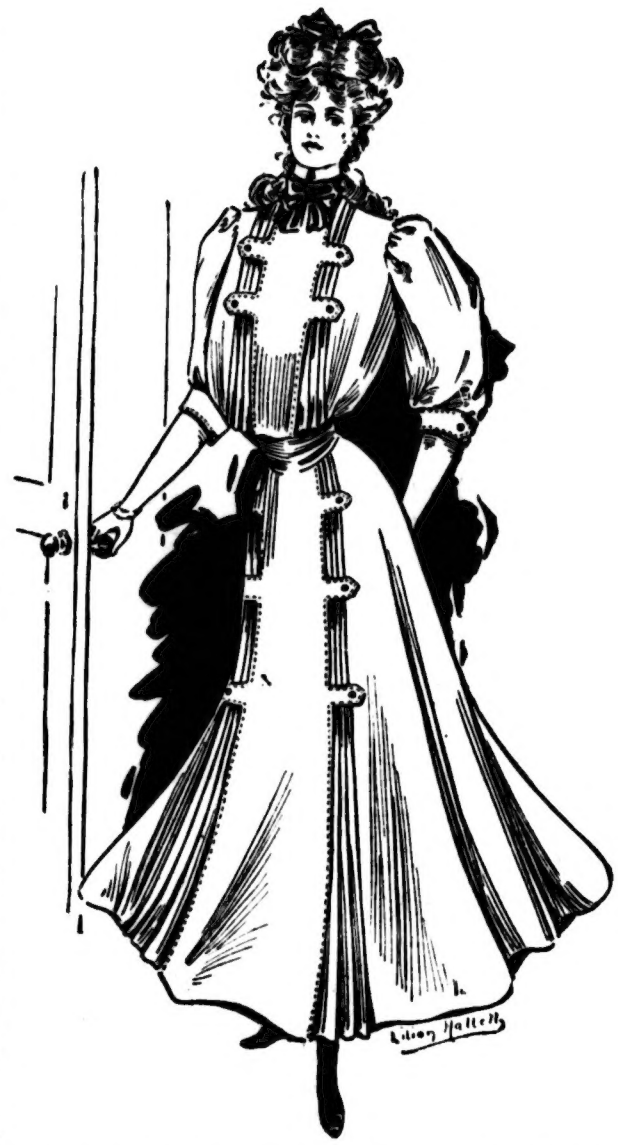
"Your name and address, miss?" he said, following me resolutely, "your evidence will be wanted at the inquest."

I gave it readily enough, for my friends were many in Sleepy Hollow, and let the future take care of itself. And then I turned my steps homewards, for my vagabondage and all the glory of the day to me was over. And yet—had not the day broken for one at least of the few on the cliff that morning? And I was never called upon to give evidence at that inquest, or cross-questioned as to what I saw and heard that morning, for the tide had been running swiftly that day, and it had carried the man in the chair, with or without his money, far out to sea, and only the tramp and I hold the secret of how he died.

No. 6701.—Girl's School Coat.

For Description see Pages 30 *to* 34.

Price of Paper Pattern, 1s. 0½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*



No. 6702.—Schoolgirl's Afternoon Frock.

For Description see Pages 30 *to* 34.

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KALEA PUDDING.

Cream 4 yolks of eggs with 3 tablespoonfuls of double cream, add 1oz of sugar, a cupful of cake crumbs, and 2ozs of chopped glacé cherries. Whip the whites of the eggs to a stiff froth, and stir them lightly into the other mixture. Put into small dariole moulds, cover with buttered paper, and steam 1 hour.

Worth Knowing.—Dr. Walcott, M.D., writes: "For irritation of the scalp, removal of scurf, and loss of hair I have used Hopgood's Nutritive and Sedative Hair Cream with unfailing success." Dr. Salter, M.D.: "I have witnessed its effects in restoring the hair to an extent truly surprising." Fifty years' success. Bottles 1s. 6d., 2s. 6d., and 3s. 6d., of all Chemists and Perfumers. Wholesale Agency, 51, Frith Street, London, W.

"I thought I must write to tell you how very pleased I am with the skirt pattern you sent me."—E. H.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

CHAPTER XI.

HOW TO HAVE BEAUTIFUL NAILS.

EVERY English gentlewoman appreciates the beauty of well-shaped and well-kept nails, and this is equally true whether she is one of the fortunate class who have neither to toil nor to spin, but who have leisure to use their beautiful hands in bestowing charity on the poor who are ever in our midst, or belongs to the nursing sisterhood, whose gentle hands minister to the sick each day, and are reverently touched in the loving gratitude that makes up for much of the strenuous self-denial that a nurse's life entails, or whether she is the breadwinner for herself and her family, and follows the profession

No. 6703

No. 6704

No. 6705

BLOUSES FOR SCHOOLGIRLS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

of a dressmaker, or a typist, or any other in which dainty hands must always be in evidence.

And the girl who, though she is not a wage-earner, has hard and self-denying work to do at home, cooking and housework, real cleaning as well as dusting, and perhaps delicate parents to wait upon at the same time, and who, though she has very little time that she can ever call her own, loves beauty, and would like to maintain her own, especially in her hands, which so early show traces of her kind of work, and are so apt to lose their fineness and smoothness by the innumerable times they have to be in the water during every day, would like to have beautiful nails, instead of the shortened, cracked, and brittle or pin-holed ones she ruefully looks at in the evenings.

The lady of leisure usually keeps her nails in perfect condition by scrupulous attention to her health (for the nails tell tales in respect of this just as the hair does), and by having her hands massaged and manicured at the professional manicurist's two or three times a week, or by her own maid every day, and spends from twenty minutes to an hour in the process, very often. But the woman and the girl who work cannot give up the necessary time for the visit to the manicurist, though the fee is small at many good homes of beauty-culture, and what they do must be quickly, albeit skilfully, done, and it is more for them that my hints are given to-day.

In the first place hands that have to be constantly washed are those that usually show brittle nails, because of the too-frequent use of deleterious soap. Now a pure soap, such as "Vestal Vinolia," which is quite cheap, and which is supplied by all chemists, as well as by many of the grocers, does not contain caustic soda, rosin, nor any other hurtful thing, and if this is used with warm water for washing the hands, then a soft towel used to push back very gently the skin at the base at each of the nails, and then the hands are dipped in the bowl of equal parts of vinegar and water, which I advise every woman-worker to keep on her wash-hand-stand, or on the shelf over the sink, or basin in the kitchen over which she usually has to hurriedly wash her hands under the tap, the first step in nail-beautifying manicure will be regularly done. And the good effect of this simple treatment is wonderful, believe me.

All the same it is a bad practice to wash under the kitchen tap, for the water from it is usually hard, and more often than not, cold also. When there is no time to get warm water softened with a little borax, it is an excellent plan to just rub a few drops of "Beetham's Lait Larola," which can be bought for 1s. a bottle at every chemist's

(*Continued on Page* 26.)

Cure of Corpulency.

A WORLD-RENOWNED TREATMENT.

FREE CORRESPONDENCE - CONSULTATIONS.

The brilliant success of Mr. F. C. Russell's treatment for corpulent persons, whereby thousands have been permanently relieved of the objectionable burden of over-stoutness, is sufficient justification for calling our stout readers' attention to the welcome fact that consultations by private letter,

Without any Fee

in any shape or form, are open to all. Qualified expert specialists attached to the Russell establishment carefully consider all cases of which details are laid before them in writing. They then fully explain the treatment by the Russell system. From every part of the world letters of enquiry are received, and these correspondence-consultations have proved a priceless boon to those who have tried in vain some remedy or remedies of the old-fashioned kind, and who have wished to essay the "Russell" treatment under the most favourable conditions. Obesity has been defined by an eminent doctor as "a general state of

Disordered Nutrition

of the body, characterised by an excessive development of the adipose tissue, which leads to various disturbances of the bodily functions." As an example of these "disturbances," we may quote from Mr. Russell's "Corpulency and the Cure" the following passage:—"An excess of fat not only becomes burdensome and unsightly, but a positive evil, and frequently an absolute danger. An accumulation of it may occur between the muscles upon the heart, causing embarrassed respiration, or around the kidneys, and persons in this condition are not only rendered uneasy in themselves and unfit to discharge the various duties of life, but are extremely liable to disease in the vital organs. Those suffering from *polysarcia omenti*—that is, an accumulation of abdominal subcutaneous fat—carry also an enormous weight of fat around the internal organs, and are prone to fatty degeneration of the heart and liver." Briefly, cases of

Neglected Obesity,

or cases that have defied all or any of the drastic old-time systems of reducing bulk and restoring beauty of form, present so many dangers that it behoves every man or woman who is over-stout, or inclined to over-stoutness, to avoid further delay in obtaining complete relief. That is why the

Free Correspondence-Consultations

afforded by the Russell establishment have proved so inestimable a blessing to so many sufferers from obesity. As regards the standard book from which we have quoted, viz.:—

"Corpulency and the Cure,"

we should mention that within its 256 pages there is a mine of information of paramount importance to stout people, including the *recipe* which forms the basis of Mr. Russell's treatment, and that to facilitate or, rather, to systematise enquiries a list of questions of a personal nature is enclosed for the use of those who would avail themselves of the free correspondence-consultations. To all *bona fide* enquirers Mr. Russell is perfectly willing to send a

Free Copy

of "Corpulency and the Cure" on receipt of two penny stamps to defray postage under private envelope. This offer remains open until further notice. Applications and enquiries (which are treated as strictly confidential) should be addressed to Mr. F. C. Russell, Woburn House, Store Street, Bedford Square, London, W.C.

"Wishing your splendid journal every success."—C. A.

No. 6706 No. 6707 No. 6708

THREE LOVELY TEA GOWNS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Corselet Skirt, and Empire Gowns, each 1s. 6½d.; *Lace Overdress,* 1s. 0½d.; *Foundation Skirts or Blouse, each* 6½d.; *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6709 No. 6710 No. 6711

THREE ARTISTIC EVENING GOWNS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Princess Gown, 1s. 0½*d.*; *Skirts, Foundation Skirts, or Bodices, each* 6½*d., post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6712 No. 6718 No. 6714

SPRING STYLES FOR THE SMART MATRON.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Coat, 1s. 0½d.; *Skirts, Foundation Skirts, Mantle, or Bodice, each* 6½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6715 No. 6716 No. 6717

No. 6718 No. 6719 No. 6720

EARLY SPRING COSTUMES FOR GIRLS OF ALL AGES.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Pleated Skirt, 1s. 0½d.; Skirts, Coats, Blouse, Frock, Pelisse, each 6½d., post free, of Madame Myra, *10 & 11, Fetter Lane, E.C.*

HOW TO TURN A SHAWL INTO A SMART KIMONA EVENING CLOAK.

(For Illustration see Page 3.)

IN utilising a shawl for the purpose of a made-up wrap, the great object is to retain the edges of the shawl as the edges of the garment. Even a plain crêpe de chine shawl has its small border and fringe, while lace and Indian shawls boast a superb border, which is their chief beauty.

The shawl used can be square or oblong. The longest shawl must not surpass 3½ yards, and, if it is 3½ yards square, the material will need tuckings (deep tucks) on the shoulders, as 3½ yards is too much for the sleeves. A shawl 3 yards long and 2 yards wide will make up well as a long wrap for an average figure, and a shawl 3 yards square will serve equally well with a few deep tucks on the shoulder.

The shawl illustrated is 3 yards long and 2 wide.

The length is used for back and fronts, the width for the two sleeves. A hole has to be cut in the centre of the shawl for the neck, and the front part must be slit up the centre from the border to the neck hole. The front edges are the only parts without border, and as they close together the border is not necessary.

The front edges should be stitched over a band of lino, the hooks and eyes sewn on, and the silk or satin lining of the cloak slipstiched over the turnings. A light shawl is not protective enough if unlined except for summer wear.

I saw a very beautiful Indian shawl thus treated. The ground of the shawl, showing principally in the centre (near the neck hole), was a deep Oriental blue, on which the superb parti-coloured embroidery of the border clambered up to the shoulders in graceful points. A band of lino was invisibly stitched (by hand) *inside* the lower edge of the border, and over this lino was slipstitched the lining—a lovely double-width Oriental satin of the same deep æsthetic blue as shawl's ground colour. Two blue tassels of the lining colour decorated the four corners of the shawl.

The beauty of the model is largely in the graceful coquillé folds of the sleeve parts, showing the lining in the folds.

The neck can be variously trimmed. The Indian shawl just described had a velvet turnover collar (not too wide to avoid hiding the points of the embroidery) in a darker blue shade, with a few appliqués of rich old lace on it. Our model, No. 6688, has an ermine stole collar, the shawl being white with white tassels.

If the shawl has no beauty of border, a satin piping (*no* cord, only folded satin, so as not to stiffen unduly the graceful flow) can finish the edge, the lining being felled over the piping.

This same model can be carried out with two breadths of 30-36-in. material seamed up the back. It looks lovely in leaf-green chiffon velours, lined with oyster white Oriental satin, the collar being of Irish crochet.

No. 6721 No. 6722 No. 6723

No. 6724 No. 6725 & 6726

USEFUL UNDERWEAR FOR THE EARLY SPRING.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Dressing Gown, 1s. 0½d.; *the other Models, each* 6½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

"I have made my first coat and skirt from your free patterns of this month, and I am very pleased indeed with them."—R.

ARTISTIC NEEDLEWORK.

By MRS. HAMER-JACKSON.

An Embroidered Overall.

Worked in Peri-Lusta Thread.

ALL mothers are more or less anxious to see their little ones in pretty pinafores and overalls, but the difficulty to find new models in these necessary nursery garments has been experienced by all those who have the care of young children. It is indeed a matter of wonder that so little initiative is shown amongst those who provide the ordinary items of the children's wardrobe.

The model which illustrates this article has been especially designed for our readers, and we have gone to a considerable amount of trouble before we were able to secure such an original and decorative overall (see page 25).

As shown in our picture the new and distinctive feature of this overall is found in the round shaped yoke which is ingeniously cut in such a way that it extends right under the arm which, with the addition of the back part of the pattern, is encircled completely by this novel empiecement. A very great improvement on the cut of an ordinary overall is the low neck shape given to this yoke, thus allowing a glimpse of the dainty dress which is worn underneath.

The cutting out and fitting of the overall is fully explained in another part (see page 25), and the embroidered yoke and cuff are the only parts I shall describe.

When possible it is better for the design which is to be worked upon the yoke to cut the latter in one piece, but as this is not always easy, and shoulder seams may be preferred on account of the fitting, the design has been drawn especially to suit the yoke whether cut in one or with a seam on the shoulder. A glance at the design will show how easy and effective is the embroidery which adorns the yoke, the middle of the design being drawn so that by removing the centre flower and little scrolls which surround it, the pattern is still perfect, just suited for back parts of the yoke. The material generally used for these useful overalls is holland, but tussore will be found equally durable and a much better material to work on, making at once a more dressy garment fit to cover the most elaborate frock.

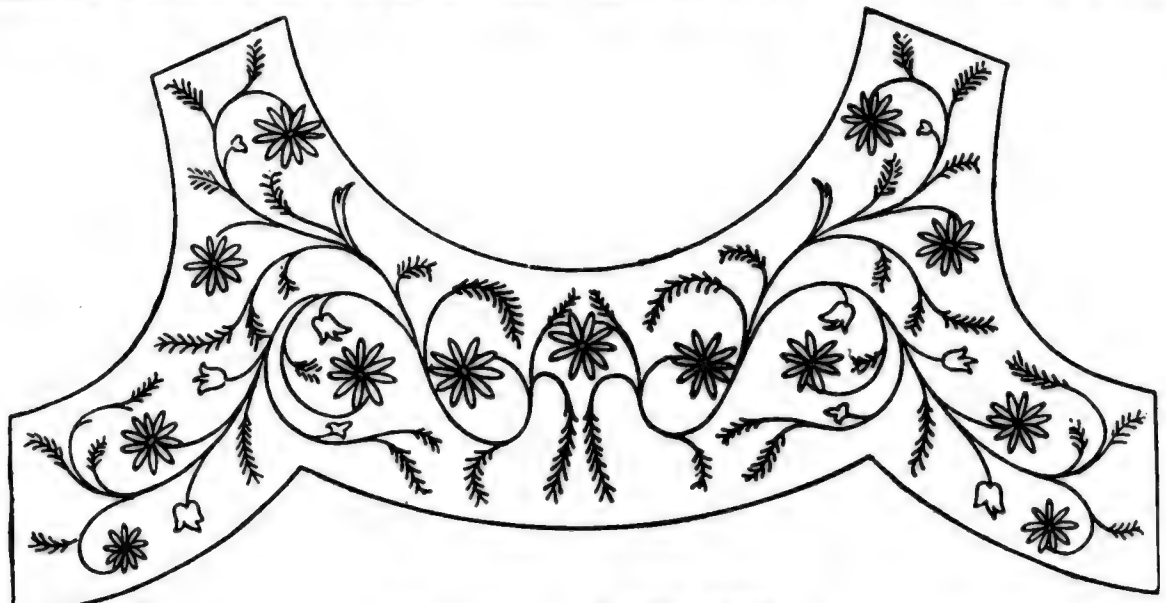
The work is done in satin stitch, and on both holland or tussore would look extremely pretty in soft shades of Wedgwood blue, No. 45A and 45D being the most suitable. However, there is no reason why this very charming pattern should not be worked in natural colours, using different shades of green for the scrolls and leaves (Nos. 13 and 15), cream and pink (Nos. 268 and 51) for the marguerites, and pure white (No. 25) for the small lilies.

My ideal way of executing this dainty overall, however, would be to work it in the latest style of white needlework, which I am going to try and explain to my readers, but which can only be done on fine lawn muslin or haircord. The great demand for white embroidered blouses during the last year or two has led to the revival of an old fashioned embroidery which might well be called a new needlework, and known under the name of Shadow Embroidery.

This embroidery is one which was greatly in favour in Paris at the beginning of the last century, and which by a curious combination of circumstances has been revived in the island Saint-Croix of the Danish West Indies. It is extremely durable and washes admirably, although its weird name would suggest a rather ephemeral life. Most of the smartest gowns now in preparation for next summer wear will be decorated with this novel kind of needlework.

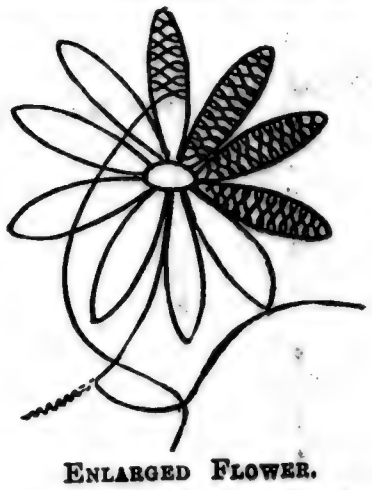
The work is mostly done from the back of the material, and the effect is obtained by the shadow of the work seen through the transparency of the material, It is a most effective and easy way of embroidering quickly such large pieces as blouse-fronts, collars, panels of dresses, &c., and is largely used in the production of children's garments.

To work our little yoke in this way, first cut the shape by laying the paper pattern on the material in the way explained on page 25, then trace the design on the wrong side. This can be done from the useful transfer pattern, and only needs a warm iron to transfer the design on the muslin or other transparent material.



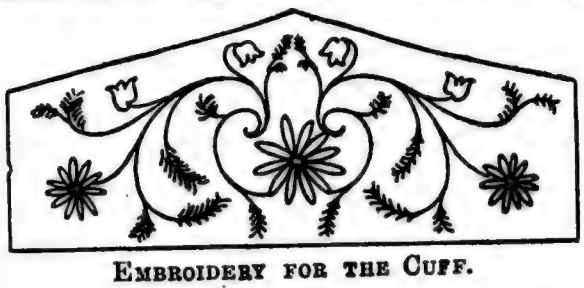
EMBROIDERY FOR THE FRONT.

Full size sets of transfers for this embroidery (front, two backs, two cuffs) can be obtained, price 6½d. the set, post free, from MADAME MYRA, *10 and 11, Fetter Lane, E.C.*



ENLARGED FLOWER.

The embroidery is done in Peri-Lusta Lily white embroidery thread, sizes C and D, the thickest cotton being used for the flowers, worked on the wrong side in cat-stitch, as shown in the enlarged flower sketch, taking care that the stitches which will show through are done very small and evenly. It is the thickness of the cat-stitch, which will show through the transparency of the material and present the appearance or "shadow" of fine embossed needlework. The thin cotton will be used on the right side of the material for all the lines of the scrolls and stems which will be followed in rope stitch, feather-stitching being done where the design suggests the advisability of making use of it.



EMBROIDERY FOR THE CUFF.

Some very fine samples of this shadow embroidery are done entirely from the wrong side, the stem and leaves being done in a close over and over stitch as can clearly be seen on the stalk of the enlarged drawing. This, however, is not advisable for the decoration of the overall yoke, which will be easier to work as suggested above.

The small cuff will be embroidered in the same way, and I feel sure that many of my readers will make a complete success of this charming little garment.

If ladies have any difficulty in buying the Peri-Lusta Threads they should write to "PERI-LUSTA," 19, Ludgate Hill, London, E.C., for the address of their nearest agent. They will send the address post free.

"I have been a subscriber for years and always find your journal so useful."—C. A.

RESULT OF THE "OSOSILKIE" PRIZE COMPETITION.

Many people are debarred from indulging their taste for art needlework when it is designed for silk on account of the heavy expense incurred in buying materials. But costly silks are by no means necessary. On this page is illustrated the photograph of a "peacock" screen, worked in "Ososilkie," the original of which is really lovely. The embroidery has the appearance of silk, and the colouring is true to nature in every respect, from the rich and varied blues, greens, and purple in the tail feathers to the warm browns in the finely shaded wings.

PRIZE SCREEN.
("Ososilkie" Fourth Prize Competition.)

This beautifully worked peacock has just secured the first prize (eight guineas) in the Fourth Ososilkie Prize Competition. The winner is Mrs. Barker, Harrogate.

The cost of "Ososilkie" is only one-fifth that of silk. It washes spendidly and retains its lustre. "Ososilkie" is made in a large range of lovely shades in three sizes: "Fine," "Medium," "Fancy Twine." "Ososilkie" can be bought everywhere on balls at 1s. 9d. the dozen, except the large "Fancy Twine" balls, 3s. 9d. the dozen. "Ososilkie" is made (six sizes) in Pure Lily-white and Cream, at 1s. 9d. the dozen balls.

"Ososilkie" can be obtained of all fancy-work shops, drapers, etc.; but if any difficulty is experienced in procuring it ladies should write to the manufacturers, Tubbs, Hiscocks and Co. (Dept. 99), 16 to 22, Milton Street, E.C., enclosing six stamps, and they will receive by return, post free, a beautiful shade card showing the 150 lovely colours in which "Ososilkie" is made, also 9 samples representing the various sizes, also the name of the nearest retail agent.

EMPLOYMENT BUREAU.

FREE REGISTER.

SPECIAL NOTICE.—Will correspondents please read the rules carefully regarding notices for re-insertion in the Register, and letters to be forwarded? Much delay and trouble is caused by inattention to our simple regulations.

NOTICE.—The printed notice *must be cut* out of the Register for re-insertion each month.

LETTERS TO BE FORWARDED.—These must be fully prepaid, and must bear the Register number at the top left-hand corner. No letter will be forwarded unless it is accompanied by the writer's name and address—not for publication, but as a guarantee of good faith.

No. 434.—Experienced dressmaker. Ladies' materials taken. Renovations. Millinery. Blouses a speciality. Any design, 2s. 6d. (W.)

No. 372.—Ladies blouses from 2s. 3d. Ladies' and children's underwear, boys' suits. Will cut down, turn and renovate. Recommended.

No. 381.—Costumes complete or ladies' materials. Blouses. Highly recommended. Moderate charges. (Tonbridge).

No. 468.—General needlewoman and repairer at ladies' houses. Special darning. Corsets boned and repaired. (S.W.)

No. 479.—Home-made marmalade. Early orders for above solicited. Prices on application. Sample jar (1lb) 6d. post free.

No. 480.—Good dressmaker. Renovater. Good fit from pattern bodice. At home or ladies' houses. Good references. (Forest Gate.)

No. 481.—Exquisite net skirt frills, trimmed ribbon, to match dress for evening wear, from 7s. 6d. Very full.

No. 482.—Dressmaker at home or ladies' houses. Three years at court dressmakers. (Paddington).

No. 483.—Experienced needlewoman undertakes plain needlework. Trousseaux, layettes, smocking, dainty lingerie, motor scarves, knitting and crochet. Golf jersey's from 8s. Babies' jackets from 1s. 6d.

No. 484.—Wanted a milliner to share premises—preferably house—with high-class dressmaker. Partner not desired.

No. 485.—Wanted middle-aged lady to join in a dressmaking business and servants' registry combined.

No. 486.—Dressmaking. Good cut and fit. Blouses from 3s. 6d. Skirts from 5s. Costumes from 12s. 6d. From measurement or pattern. (Enfield.)

No. 430.—Dressmaker. Experienced. Good cutter, fitter, renovator. At home, or ladies' houses.

No. 443.—Dresses from 10s. 6d. Costumes 12s. 6d. Blouses 4s. 6d. Any renovations neatly finished.

ANSWERS TO CORRESPONDENTS.

NOTE.—All letters should be sent to Miss Winifred Jones. Correspondents are especially requested to observe this, as otherwise delay inevitably occurs.

SPECIAL NOTICE.—Private Replies.—Will correspondents please notice that letters requiring a private reply must enclose six penny stamps and a stamped envelope? In consequence of the number of letters received requiring a reply, but containing in many cases neither the stamps nor even a stamped envelope, Miss Winifred Jones is compelled to refuse to reply in future to letters not complying with the conditions above enumerated.

LINGERIE MADE (A. B. C.).—I am sorry that you have not been successful in obtaining work, as I have given your name to correspondents; but unless you keep your notice regularly in the Register you can hardly expect to obtain orders. When I have not heard from correspondents for months—in your case nearly a year—I am not certain about giving their names, as they may have removed, not want work, or a hundred different things, whereas when I hear monthly from my readers I know I am safe in mentioning them. I will put your fresh notice in, and I advise you to keep it in regularly. A stamped envelope must accompany the six stamps for a private reply. In fairness to all, I can make no exception to this rule. I sent you the address of a lady who may possibly give you work. She has already employed some of my readers—and I should like to know how you get on. I wish you success.

GENERAL DRESSMAKING (A. H.).—You write to me from two addresses—Chatham and Enfield Town. Which am I to register? Please let me know. Your notice arrived a fortnight too late for insertion in our February issue, which appears on the 15th of January. I had one letter from you, which I answered privately. Certainly you have as good a chance as anyone else of obtaining work, and many of my correspondents do exceedingly well through this Bureau. It is as well to mention your charges in your advertisement. If you want a private reply you must enclose six penny stamps and a stamped envelope. Unless this is done I never reply privately to any letter, however important. I see you want the Enfield address registered.

DRESSMAKING BUSINESS AND REGISTRY (H. P.).—I am putting a notice in for you, and hope you may be successful in meeting with someone. Letters in connection with the Employment Bureau *only* must be sent to me. I have nothing to do with any other department of the paper, and delays occur inevitably if letters for the Free Bargain column are sent to me.

STARTING BUSINESS (D. E. U.).—Certainly, I will put you on my register, and do my best for such a constant reader. If you send six penny stamps and a stamped envelope I will gladly reply privately; but oh! dear readers, why do you not read the rules and save delay?

SHARE OF PREMISES (M. S. G.).—I am putting a notice in for you, and trust it may result in something; but you know quite well the only conditions in which I reply privately, so why not comply with them? With regard to the delay you mention I cannot understand it. If you had sent the envelope I could have seen from the date how it was, but it seems very strange. I am very sorry. Letters that comply with our rules regarding stamps, &c, are answered at once. As a rule it is because correspondents fail to comply with our simple regulations that delays occur.

TRAINING COLLEGE FOR YOUNG NURSES (Miss F. E. R.).—Thank you for your letter, and the information regarding the training college for children's nurses which you recommend so highly. It is unknown to me, so I am glad to hear of it, but would you please ask your friend to send me her prospectus, as it is absolutely essential to have that before I can recommend any place. Perhaps you do not know that in the college you refer to in your letter they do not practise on "dummies" as you term it, but on babies of any age, from one month to seven years. I have been all over it, and saw the working of the whole system from beginning to end.

SKIRT FRILLS (Miss F.).—Certainly, I will put you in my Register, and I hope some orders may result. May I suggest that you should try and develop your idea and undertake the making of skirt frills of all kinds and of customers' own materials. I think this might prove a profitable occupation.

BLOUSES, &c. (A. P.).—You quite misunderstand me. It was a great pity you lost that work, and, on reflection, I am sure you will see it was, to say the least of it, not prudent to write and tell me I had sent you on a letter meant for someone else. But it would do no harm. Do write to the lady and see if she wants anything done now. I am glad to hear my other correspondent has given you so much work to do. You have been very successful through this Bureau. The prices you mention seem quite fair. I think many of my correspondents make a mistake in asking too high prices for their work. People naturally compare charges, and go where they can get their work done reasonably. Perhaps that is one reason of your success!

MATRONSHIPS (M. P.).—I sent you privately the particulars you wanted with regard to my article in the October issue. I should be glad if you would let me know what you do eventually, as I think with your excellent diploma you should be able to accomplish something. For the really capable there are always openings, but I strongly advise you to go where your cookery experience will stand you in good stead. As housekeeper in a private hotel or some such venture you should

Reigate.—"I beg to state that your patterns and book are a great help to me and to my trade generally."—E. M. Poole.

No. 6728.—Beautiful Spring Gown of Lewis's "Wonderful" Velveteen.

For Description see Pages 30 to 34.

Price of Paper Pattern, Skirt or Blouse, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

succeed. I imagine you understand catering, if not, I advise you to acquire the knowledge. Would you care to advertise in my Register? It might result in something

Dressmaker No. 443 (Miss A.).—You must send me the printed notice cut from the Register for re-insertion—see the rules and also those regarding private replies. As an old correspondent you must know this. Many thanks for your good wishes which I heartily reciprocate.

Sewing Woman Wanted (Mrs. W.).—I sent you the names and addresses of several suitable workers, and I heard from one that she was in correspondence with you. I should be glad to know your opinion of whomsoever you employ, as it is a great help to me in recommending to others.

Dressmaker (Miss G.).—Your number is 430 and it was in the Febuary issue. For repetition each month you must cut the printed notice out and send it to me. I have given your name and address to several ladies, and I do hope you may get some orders. So often it happens people want someone in their own district, and that is why the work is not given to you.

Dressmaker (Mrs. H., Tonbridge).—I am so glad to hear these ladies have given you more orders, and I will recommend you whenever I can. I am also pleased to hear of your progress, and I trust more prosperity is in store for you. Many thanks for your good wishes and all the courteous things you say. It is appreciation such as yours that adds so much to the interest and pleasure in my work.

Home Made Marmalade, &c. (E. M. P.).—Certainly I will put you on my Register, and recommend you when opportunity offers. I should be glad to know how you succeed with the club you mention. Advertisement is the best way to obtain orders, but I should try and see if you could get hotels, boarding-houses, and schools in your neighbourhood. Send round dainty samples, and offer to supply large quantities at reasonable rates. Push and perseverance are essential if anything is to be made to pay nowadays.

Art Studio (Miss C.).—Your letter was sent to me, but frankly I cannot understand it. I had not heard from you before, but I will gladly help you if you will write again and tell me—as shortly and simply as possible—what you want. Very possibly I could help you.

Letter for M. 3648.—This should not have been sent to me. The directions are plain enough, and delays invariably occur if they are not followed.

Dressmaker and Blouse Maker Wanted (Mrs. W.).—I sent you the addresses of several workers in your neighbourhood, and should like to know whom you employed and your opinion of their work.

Dressmaker (Elise).—Which name do you wish me to register? Your notice is in the February issue, No. 430. As you have evidently got the paper, I cannot understand your not seeing it. The Register is *free*, and I returned your stamps as there was no necessity for a private reply, and I thought you would be glad to have them. I have recommended you many times, and I will do so whenever I can. Your notice is quite correct, but can you tell me how it is you do not know you are No. 430 on the Register?

Dressmaker at Forest Gate (E. A. J.).—Certainly I will put you on my Register and do my best for you. If your work is good and your charges moderate, you are certain to succeed; that is what everyone wants. With your experience you should do well.

Idea for Dressmaking (M. A. M.).—I sent you the particulars you wanted, and I should be glad to know the result. If your idea is really good, you should be able to make something by it. Would you like a notice in the Register? It might help you.

Matronships (M. S. P.).—Many thanks for your courteous letter. I am glad you find the information I gave you "very useful." I think you are wise to wait for an interview with the secretary you mention. It is always so much more satisfactory. Let me know how you get on and if I can help you further.

No. 6729.—A TAILOR GOWN
Of Robinson and Cleaver's Striped Irish Tweed.
For Description see Pages 30 to 34.
Price of Paper Patterns, Skirt, or Coat, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Women and Work.

III.—TRADE CLASSES FOR GIRLS AND WOMEN. *(Continued.)*

An apprentice who is determined to get on should also attend a trade class. The cost is trifling, and the London County Council grants many scholarships to able girls. In many cases apprenticeship is either impracticable or is inadvisable. Some first class firms, who require skilled workers, refuse to be troubled with learners, as space is valuable, and the factory inspector is keen of vision for large establishments. Then it is impossible, as I said before, for a beginner to receive due attention in a busy workroom. Many a backward girl never develops there, when in a trade class she would be specially attended to, and her powers of perception be called into play. It is only the highly intelligent who pick up valuable hints here, there, and everywhere.

It was in 1902 that the Technical Education Board of the London County Council first arranged to appoint a sub-committee to consider the requirements of women in respect of technical instruction, and what facilities were afforded them, especially in London. The result of the deliberations was hardly fortunate for women of the artisan class, the very class in which males are so splendidly catered for. Most of the technical classes open to women, which were set up at the Regent Street Polytechnic, were not for the artisan class at all; and the more highly educated woman is not, nor has she been for years past, so totally excluded from work enjoyed by males of her class as is the artisan girl. *She* is still shut off from the more lucrative and interesting trades open to her brothers and perfectly well within her physical powers. The workshops at Regent Street, where youths learned trades which made some appeal to mental capacity, remained closed to females, as girls were not recognised as workers at all. The trades in question were not open to them—in fact, the teachers, urged by trades unions, would have withdrawn had females been permitted to learn the higher and better paid branches of those trades. So it was the old, old story over again. Domestic Economy classes were all that could be offered to girls, with dressmaking and millinery.

Twenty-five hours a week—an enormous time for the subject—were devoted to domestic training, which can offer no career but domestic service. "Service" suggests to a girl a total loss of liberty, a curious state of dependency in spite of self-support, and the cutting off of every social enjoyment which is so dear to youth in every stratum of society. So what do we find? Girls who have passed their standards at the Board Schools accept (through their parents) County Council scholarships for the Domestic Economy classes, and when they are adult the majority flatly refuse the highly unpopular domestic service and fly to the factories, to swell the unhappy ranks of the unskilled, ill-paid, casual factory hand.

What purely *trade* classes are open to girls? (Domestic Economy is not a "*trade*," in the accepted sense of the word.) As an embryo trade school for girls, the Borough Polytechnic (thanks to Miss Helen Smith, the Lady Superintendent) was one of the pioneers, and remains one of the most active, and from it, if I mistake not, the true "Trade Training School for Women and Girls" will emanate. At the late Womens' Conference at Tunbridge Wells, Miss Smith read her really valuable paper on "Technical Training for Skilled Industries," from which I take the following list of trade classes for females now in working order at the Borough Polytechnic:

Two classes in Dressmaking.
Two classes in Upholstering.
One class in Waistcoat-Making.

Besides the Borough Polytechnic there are a few other embryo trade schools: (2) The Woolwich Polytechnic (two classes in Dressmaking); (3) The County Council Paddington Technical Institute (one class in Dressmaking); (4) The County Council Shoreditch Technical Institute (one class in Upholstering, one class in Designing and Making Ready-made Clothing). (5) The Battersea Polytechnic has advanced Upholstering classes for women and girls.

The largest of these embryo schools accommodates some seventy pupils. It is a beginning, if, as Miss Smith says, only a beginning (dating from 1904). Her ideal beginning of a future school is at least to accommodate some two hundred girls with:

Four classes in Dressmaking.
Four classes in Ladies' Tailoring *(very much needed)*.
Two classes in Laundry-Work (on a big scale for *trade*, not *home* purposes).
One class in Millinery.
One class in Waistcoat-Making.
Two classes in Upholstering.
Classes in Corset-making and Embroidery.

All these trades are open to women; except in Upholstering no veto is placed on females learning them from their lowest to their highest branches. This veto, open or veiled, must be considered in a subsequent article.

Miss Smith suggests (for her "Ideal" Trade School) a test class, a short preparatory course in which it might be hoped to discover what trade is best suited to the capabilities of the youthful worker who has just completed her standards at the Board School. Parents are often ignorant of their children's bent, and consequently do not always do the best for them, even with the best intentions. But intentions are not always the best. There is a terrible amount of parental carelessness in England, and girls and boys are hustled into any refuge from the streets which will take them off responsible hands during that dangerous period immediately after the elementary school course is completed. An ignorant or careless parent will be grateful for expert advice on a subject which must soon receive public attention. An attempt to amalgamate the Board Schools with early technical instruction will be one advance of the future. J. H.

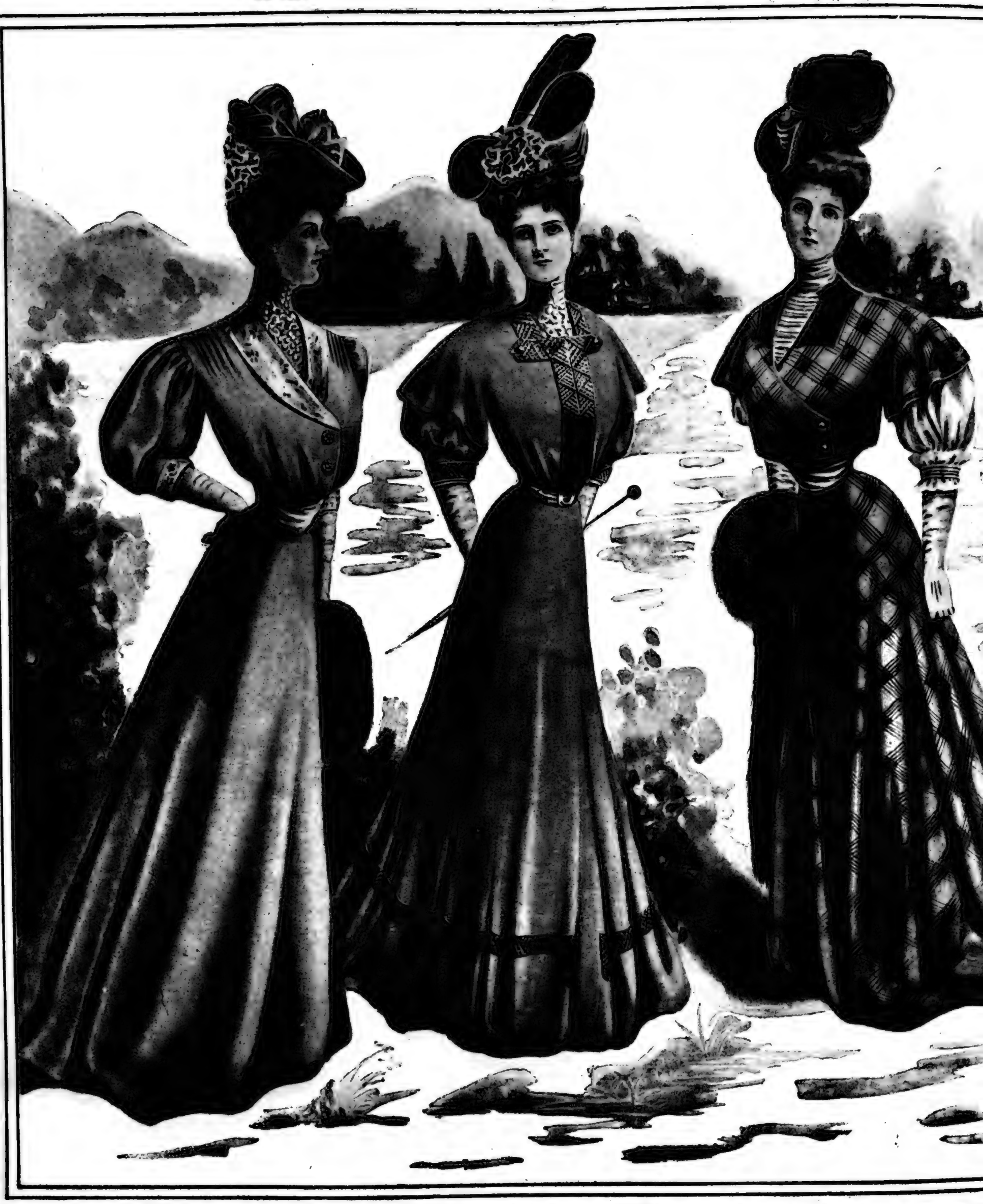
(To be continued.)

No. 6730.—Widow's Dress of Elegant Type, Trimmed With Curtauld's Crape.

For Description see Pages 30 to 34.

Price of Paper Pattern, Princess Gown, 1s. 0½d., post free, of Madame Myra *10 and 11, Fetter Lane, E.C.*

No. 6931 No. 6932 No. 6933



SMART GOWNS FOR SPRING WEAR, SHOWING
For Descr

Price of Paper Patterns, Long Coat, 9½d.; Skirts, Foundation Skir

No. 6934 No. 6935 No. 6936

SHOWING THE NEW KIMONA EFFECTS, THE NEW SASH DRAPERY. &c.

For Descriptions see Pages 80 to 84.

oundation Skirts, Coats, or Bodices, each 6½d., post free of MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

DESCRIPTIONS OF THE FREE PATTERNS.

[Note.—Our Free Patterns, presented with each number. are always cut *stock size* for ladies: Skirts, 40in., front length (except for cycling, when length is only 38in.); waist measurement (skirts, coats, blouses, &c.), 24in. Children's patterns are cut the recognised stock size for the ages quoted in the description.

Five-Gore Cycling or Walking Skirt.

This excellent model can be made up of Pirle-Finished tweeds, serges, cloths, &c. The front seams can be lapped or made in the ordinary way — like the side and back seams. There is a good inverted box-pleat at the back, stitched down for four inches. This pleat is wheel-marked on the pattern, which is in three pieces —one back, one side, half the front.

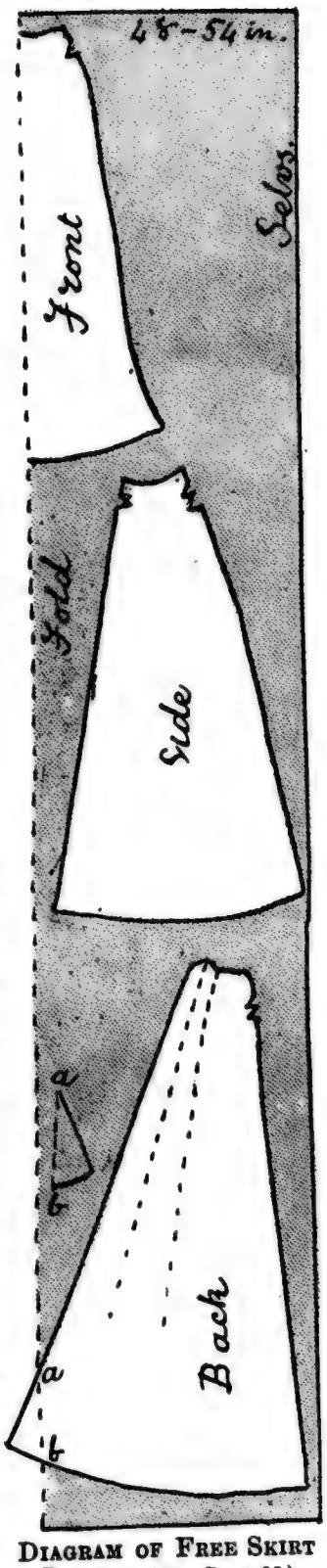


Diagram of Free Skirt Pattern (*See Page 25.*)

The diagram shows the pattern pieces laid on 4 yards 48-54-inch material, which is doubled in half (selvedges meeting), the front centre of front pattern laid on the fold so that it is cut in a single piece, the other pieces being cut in duplicate. The material is not wide enough for half to take the back (the most economical method), so an added corner is added at a b, up the selvedge, this seam being hidden in the rows of stitching for the hem.

Tack together backs, sides, front, according to the double and single notches, leaving the opening in the left tablier seam. Tack the back seam and arrange the pleat. Try on. Stitch and press the seams. Line the tablier only. Finish the side opening when stitched over a band of lino with bands of sarsenet neatly stitched over the lino. Close with de Long hooks and worked loops. Bind the top and close with hooks and eyes. Put the pocket in this seam.

Turn up the hem. If the front seams are lapped (the best way for a useful tailor skirt), merely stitch down the hem on the lining before it is finally adjusted (stitches not to show). Interline the hem, sides and back, with lino, and stitch down in several rows. Put a band of Prussian binding over the hem's raw edge, and see that the rows of stitching hold it well down so that there is nothing to catch foot or pedal of cycle. The hem should be well pressed and shrunk into shape by a very hot iron passed over a wet woollen cloth (white if possible, so that it may not stain the skirt).

Smart Net Blouse.

For Description see Page 25.

The Cut-out Paper Pattern of this Blouse is Given Free with this Number.

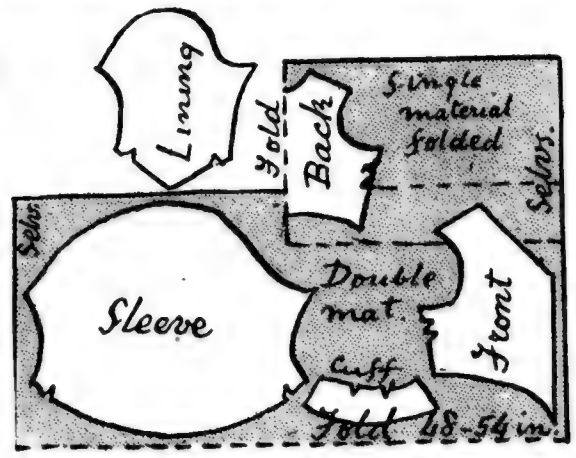


Diagram of Free Bolero Pattern.
(*See Page 25.*)

Braided Bolero Coat.

This novel model has the new long front points, which, for rich dresses (to accompany the corselet skirt sketched with the Free Blouse Pattern), would be tipped with tassels, both coat and corselet skirt being of fine face cloth, richly braided in very narrow silk braid. To accompany a cycling skirt, however, the tassels should be omitted as sketched, and plain stitching (or a row of wide braid as illustrated) should be substituted for the fine braid embroidery.

The pattern is in two pieces: half the back, one front. The sleeve, its lining and cuff are cut on the three pieces—lining, cuff and sleeve, given with the Free Blouse Pattern (see page 25). The diagram shows the four pieces for tweed laid on 2 yards, 48-54-inch tweed. If coat and skirt are to be made together, there is plenty of material for back, fronts, and cuffs out of the skirt waste, and in that case only 1¼ yards extra material will be required, making 5¼ for the whole costume—a very economical as well as smart tailor gown for cycling or morning wear.

The material is opened out and is double (see diagram) beneath sleeve, cuff and fronts. The single material is folded over, back centre laid along the fold so that it is cut in one piece.

Tack together fronts and back. Try on. Stitch and press seams. Turn the edge all round over a band of lino and stitch down. Put on the braid. Coat closes with a single hook and eye on the bust, or can be left

A Lady writes from Bury:—"Your paper is so practical and up-to-date in every way."

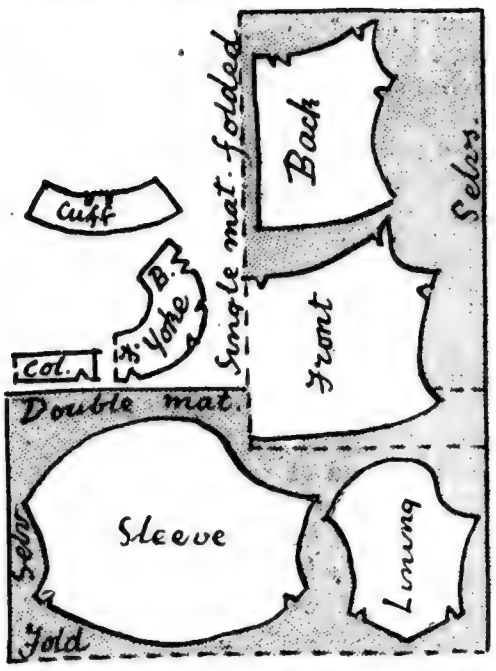


DIAGRAM OF FREE BLOUSE PATTERN.
(*See Page 24.*)

open. Cut a silk lining on coat pattern (except for sleeve, which is cut on lining pattern). Stitch and press seams. Tack lining in place and slip-stitch the edges over the stitched and pressed coat edges.

Drape the sleeve on the lining. Seam tweed and lining apart. Arrange sleeve into the braided cuff, which is stiffened and lined. The top of the sleeve is pinned in place on the wearer. The seam is stitched, and the armhole lining is felled over the seam.

AFTERNOON BLOUSE OF NET.

This blouse, though very smart and charming, is very simple in design. It is made chiefly of white net, the yoke, collar, and cuff being made up to flat patterns with close rows of ¼-inch white Valenciennes edging, lapped one over the other, so that scallops of each row conceal the edge of row above it. The rest of the trimmings are draperies of white glacé and appliqués of coarse white lace —very smart. Wider Valenciennes edgings trim the front, backs and sleeves.

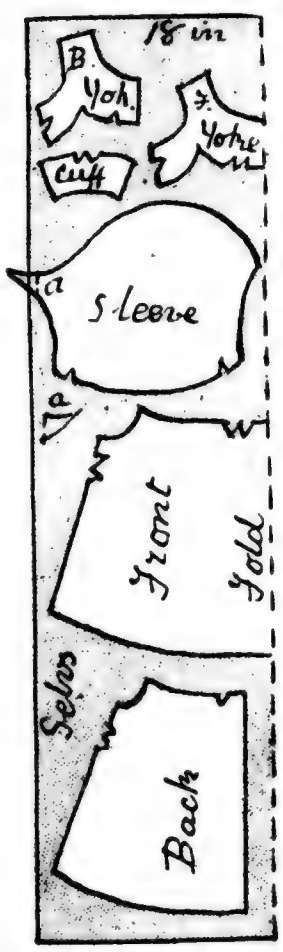


DIAGRAM OF FREE OVERALL PATTERN.

To do the Valenciennes, cut the complete one-piece yoke, the collar and the cuff, each in stiff paper, and arrange the lace upon the paper. The blouse closes at the back with tiny white de Long hooks and worked white loops.

The pattern is in seven pieces — half the blouse: three for net (half the full front, one full back, one sleeve); three for Valenciennes (half the one-piece yoke, half the collar, one cuff); sleeve lining (should be of Brussels net, so as to be transparent). The blouse is worn over a low-necked, sleeveless underslip of white glacé, closing back or front (see No. 6747, page 30).

The diagram shows three of the blouse pieces laid on 1¼ yards 45-inch spotted point d'esprit net, which is opened out and is double beneath sleeve, so that it is cut in duplicate. The single material is folded over (selvedges meeting), the front centre of front pattern laid along the fold so that it is cut in a single piece.

Trim backs and front with rows of 1 inch wide Valenciennes. Tack pieces together.

FIVE-GORE CYCLING SKIRT AND BRAIDED BOLERO COAT.
For Descriptions see Page 24.

THE CUT-OUT PAPER PATTERNS OF THIS SKIRT AND THIS COAT ARE GIVEN FREE WITH THIS NUMBER.

GIRL'S EMBROIDERED OVERALL.
For Description see this Page.

THE CUT-OUT PAPER PATTERN OF THIS OVERALL IS GIVEN FREE WITH THIS NUMBER.

Gather top to fit the one-piece yoke. Tack to yoke, Try on. Bind the gathered net with a very narrow bias band of glacé, and secure the yoke edge upon it. Put on the collar. All joins must be very dainty and neat. Decorate with shoulder straps of pleated and hemmed glacé, and secure them back and front with motifs of thick lace. Hem the basque and backs. Put on the fastenings.

On the net sleeve sew frills of the wide Valenciennes. Arrange on the smaller lining. Put on the seamed cuff, which is finished with two wider Valenciennes frills.

CHILD'S EMBROIDERED OVERALL.

This model shows a very original yoke, embroidered like the cuffs. The embroidery is dealt with at length on page 17.

The pattern, cut for a girl of four to six, is in six pieces—half the front, one back, half the front yoke, one back yoke, one full sleeve, one cuff. The diagram shows the pieces laid on 2 yards 36-inch linen, which is doubled (selvedges meeting), front centres of front and front yoke patterns laid along the fold so that each is cut in one, the other pieces being cut in duplicate.

Embroider yoke. Tack together front and backs of yoke. Try

The yoke should be lined with tiste.

Seam together backs and front of overall nall run and fell seams), gather and sew o yoke, according to notches, and fell the tiste lining over the join. Hem e lower edge. The yoke should neatly stitched all round hen thoroughly adjusted.

Seam the sleeve. Gather it to the lined cuff, which is amed and closes with hooks d worked loops, or small arl buttons and worked loops. The backs are hemmed. The verall need only close at the ke part in the same manner the cuff.

Only mark out yoke and cuffs. o not cut them correctly until ey are embroidered, in case me modification should be quired.

This overall looks very well erely stitched in close rows ith the machine. In that case se the rounded cuff of the aper pattern. For the em-roidery, the top of the cuff ust extend into a V point, his point being lapped and itched down on the sleeve.

PERSONAL APPEARANCE.

(*Continued from Page* 11.)

hop, into the hands, including he nails and then to wipe them vell with a dry, but quite soft, owel. This perfectly cleanses nd whitens the skin, and helps o nourish the nails, and this s a point of which too much annot be made, for our nails eed regular nourishment and egular brushing just as our hair loes, though at a first glance, air and nails do not seem to ave much in common. Those vho have obtained that gener-ous jar of "Oatine" for 1s. 3d. rom Messrs. Oatine, 131, Den-man Street, London Bridge, S.E., and are using it for the nightly massage of their hands, as well as of face and neck, should well rub a trace of it into each of the nails, to feed them and prevent blemishes such as pin-holes, shaling, ridges, and spots, which are apt to disfigure neglected finger-tips.

The nails should never be bitten, of course, nor should they be cut too short; but should be shaped with a pair of very sharp scissors to the outline of the top of each fin-ger as far as possible, and then they should be kept the right length by filing with a little emery board, which any girl can make for herself by glueing a ¾-inch by 2-inch strip of fine emery cloth to a bit of card-board of the same size, and rounding the narrow ends. Of course, she can buy these for about 2d. each at a hairdresser's, and these boards will have two surfaces, one much finer than the other, and that is intended to keep the under surface of the nails smooth, and then far less liable to catch the dust, etc. The skin at the base of each nail should at least once a day be very gently pushed back with the curved end of a bone nail-trimmer, such as Mr. Mason, 25, Bank Plain, Norwich sends post free for 6d. each, and the pointed end of which is the right thing to use for cleaning the nails, for which purpose a penknife or scissors should on no account be employed, for these will make ridges on those inner surfaces of the nails, that, though imperceptible, are sufficiently real to hold atmospheric dust, and this all too often contains microscopic disease-germs. A very nice and most useful New Year's gift or valentine for a girl is a Manicure Casket fitted up with necessary and useful things, and the above Mr. Mason supplies them in a large variety, at prices which begin at 1s. 6d.; so that no one need be without beautiful nails.

the manicure implements.

The beautiful polish that is seen on the nails of those who regularly treat them is gained in one of several ways, of which I will take occasion to speak in a later chapter; but for the present, those who have no manicure casket and no proper polisher will find it not at all difficult to get a polish by rubbing the nails on a bit of chamois leather rolled up into a hard ball, or by just using the ball of each thumb to the nails of the other hand very briskly.

Busy people will tell you that they have no time for exercise. How are they to get the minimum hour's walk per diem which doctors demand? But it is possible to obviate the grave results of want of exercise by great moderation of diet and by scientific friction or vibration of the body about the languid organs, the sort of vibration that a brisk walk of sufficient length in the open air spreads over the whole frame. Rubbing with an unskilled hand may do more harm than good, but there is the cleverly arranged "Spina-life" Brush, which does the work in the right way if merely passed over the skin. The Illustrated Booklet gives all necessary information about this efficacious "brush," and it can be had post free from the Spinalife Brush Company, Section 33, Carlton House, Regent Street, Waterloo Place, S.W.

Nos. 6737 to 6739.—Charming Spring Millinery.
For Descriptions see Pages 30 to 34.

ROBINSON & CLEAVER, Ltd.

BELFAST.

Manufacturers to His Majesty the King and H.R.H. the Princess of Wales.

Carriage paid on orders of 20s. upwards in the United Kingdom.

Irish Cambric Pocket Handkerchiefs.

	Per doz.
Bordered.	
Children's	1s. 3d.
Ladies'	2s. 6d.
Gentlemen's	3s. 6d.
Hemstitched.	
Ladies'	2s. 9d.
Gentlemen's	3s. 11d.

Irish Collars, Cuffs & Shirts.

COLLARS.—Gentlemen's 4-fold, from 4s. 11d. per doz.
CUFFS.—For Ladies, 5s. 11d.; Gentlemen's from 6s. 11d. per doz.
MATCHLESS SHIRTS, with 4-fold Fronts, Cuffs and Bodies of fine Longcloth, 35s. 6d. per half-doz. (to measure 2s. extra). OLD SHIRTS made good as new, with good materials in neckbands, cuffs and fronts, for 14s. the half doz.

Irish Damask Table & House Linen.

Fish Napkins, 2s. 11d. per doz. Dinner Napkins, 5s. 6d. per doz. Table Cloths, 2 yds. sq., 2s. 11d.; 2½ yds. by 3 yds., 5s. 11d. each. Kitchen Table Cloths, 11½d. each. Strong Huckaback Towels, 4s. 11d. per doz. Frilled Linen Pillow Cases, from 1s. 4½d. each. Surplice Linen, 10½d. per yd. Monograms, Initials, &c., woven and embroidered.

Irish Dress Tweeds.

Cream and all the fashionable tints in these most Stylish and Durable Materials.

Irish Dress Linens.

The largest assortment of these Genuine Goods in the kingdom.

SAMPLES AND PRICE LISTS POST FREE.

Letter-orders and inquiries for Samples of these goods should be sent to

40R, DONEGALL PLACE, BELFAST.

A Fabric of Great Beauty

LEWIS'S WONDERFUL VELVETEEN 2/- A YARD

Supplied in Black and all Colours, including the New Greens, Royal Blue, Wine Red, Petunia, Russet, Olive Green, Mulberry, Cardinal, &c.

IS EQUAL IN APPEARANCE AND DURABILITY TO THE BEST SILK VELVET.

HAVING A FAST PILE AND BEING FAST DYED, EVERY INCH IS GUARANTEED.

LEWIS'S WONDERFUL VELVETEEN at 2/- a Yard can only be obtained DIRECT from LEWIS'S, in Market St., MANCHESTER. This quality is sold *elsewhere* at double and treble the price, but LEWIS'S manufacture this Velveteen themselves, and sell it DIRECT to the public at 2- a Yard.

Ladies should write for PATTERNS (sent POST FREE) and judge for themselves of the WONDERFUL QUALITY.

If a dress should wear badly or being any respect faulty LEWIS'S will Give a New Dress for Nothing at all, and pay the full cost of making and trimming.

Lewis's pay carriage on all Orders for Velveteen to any part of the United Kingdom.

Ladies should also write for LEWIS'S Patterns of

NOVELTIES IN DRESS MATERIALS.

Please mention "Myra's Journal" and address—

LEWIS'S, IN MARKET STREET, MANCHESTER.

WILLIAMSON'S

INDIANS & MADDA POLLAMS

Every Lady should send Postcard for Patterns of these fine, soft **Longcloths, Nainsooks**, &c., for underwear. Direct from the Mills in all qualities, from 6¾d. yd. **Maddapollams** in **Pink and Sky**, dyed expressly for us, 8¾d. yd. **White and Ecru Fancies** (Muslins, Brilliants, Brocades), for Pinafores, Aprons, &c, from 4¾d. yd. **Tucked Nainsooks** for Infants' Robes, Petticoats, &c., from 7½d. yd. **Longcloth Embroideries**, soft finish for trimming, from 2¾d. yd.

CHRISTOPHER WILLIAMSON,

(Maddapollam Dept.) 91, EDGWARE ROAD, LONDON, W.

TUCKED NAINSOOKS

UNRIVALLED VALUE.

Flannelette.

If purchasers of this useful material for underwear all the year round would buy the best English make, which can be obtained from all leading Drapers, they would avoid the risks they undoubtedly run with the inferior qualities of Flannelette.

Horrockses' Flannelettes

(made by the manufacturers of the celebrated Longcloths, Twills and Sheetings)

are the best.

"HORROCKSES" stamped on selvedge every 5 yards.

"WINSCO" *Regd.*

(Small's Scotch Wincey).

BEST FOR CHILDREN'S DRESSES.

Manufactured in a beautiful range of self-colourings, stripes, &c., this world-famed material has no equal for Children's wear. Practically unshrinkable, it can be washed time and again without losing colour or hardening in the process. Light and absorbent, it is suited for any climate, and its endless wear solves the problem of dressing children daintily and economically. Frocks, blouses, knickers, nightdresses, pyjamas, ladies' blouses, and all kinds of ladies' and gent's underwear.

From 1/- per yard.

Write for "M. J." range of patterns. Sent post free to any country.

WM. SMALL & SON, EDINBURGH.

Practical Dressmaking for Home Dressmakers.

SKIRT FOR A GIRL'S CONFIRMATION DRESS.

THIS looks very well in white mercerised lawn, washing silk, nainsook, or muslin. The dress is a very pretty one, trimmed with tucks and valenciennes lace. It would make a very nice summer frock later on for hot days in 36-inch nainsook (for patterns send to Christopher Williamson, Maddappollam Dept., 91, Edgware Road, London, W.).

The pattern of the full skirt (front forming a graceful box-pleat) is in three pieces—one back, one half side, the front (with pleat wheelmarked upon it). The diagram shows the pattern pieces laid on 6 yards, 36-inch material, which is opened out, and is double beneath side and back patterns. The single material is doubled over (selvedges meeting), the front centre of tablier laid along the fold. The skirt can be trimmed with added doubled bias bands. There is plenty of waste for this, and if the skirt is tucked to flat pattern another half yard of material will be required, as the diagram shows the pieces spaced to allow of a good hem only. A pretty decoration would be rows of Valenciennes insertion (nainsook cut away beneath it).

DIAGRAM OF SKIRT PATTERN.

Tack together the five gores according to the notches, leaving the opening at the back. Seam (run-and-fell seams) and decorate with the added tucks (or tuck to flat pattern). Gather the top and arrange the box-pleat. Try on. Stitch on bands of material to protect the opening, and close with a few hooks. Bind the top with a bias band of the material, and close with hooks and eyes. Stitch the hem.

Wear the skirt over a separate foundation skirt. The dress skirt can be trimmed by a cross-cut frill edged with Valenciennes.

BLOUSE FOR A GIRL'S CONFIRMATION DRESS.

This is of course of the skirt material. The pattern is in eight pieces: the right pleated front (cut with wide central box-pleat), one pleated back (pleats wheelmarked on front and back patterns), one tucked cuff, half the tucked vest, half the tucked collar, (these pieces are tucked to flat patterns and are trimmed with narrow Valenciennes, the material cut away beneath the lace), one added revers, one sleeve lining, one sleeve.

Lay pattern pieces on 3½ yards, 36-inch material, which is opened out and is double beneath front, cuff, sleeve, and revers so that each is cut in duplicate. The left front is cut without the central box-pleat. The single material is folded over (selvedges meeting), back centre of back and front centre of vest laid on the fold so that each is cut in a single piece. Leave large pieces of material for the cuff, collar, and vest as the material has to be tucked before the piece is cut to exact shape (turnings as usual, of course allowed). See the diagram.

No. 6740.—GIRL'S CONFIRMATION DRESS.

For Description see this page.

Price of Paper Pattern, Skirt, Foundation Skirt, or Blouse, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Arrange and partly stitch down the pleats of back and fronts. Arrange and stitch the box-pleat. Close with rich pearl buttons and buttonholes made in groups down the box-pleat. Hem the basque. Finish the neck of fronts with the two revers, which are trimmed with lace.

The vest is finely tucked and trimmed. To it is secured the tucked and lace-trimmed collar which hooks at the back. The vest can be detachable, when the back of the blouse neck can be edged with rows of lace insertion passing under the front revers.

The sleeve is draped on a smaller lining. To this is secured the seamed deep cuff or lower sleeve, which is tucked to flat pattern, and trimmed like vest and collar.

The belt should be of white glacé, trimmed with buttons like those on the blouse.

PLEATED SHIRT BLOUSE OF PLAID VIYELLA.

For Illustrations see Page 29.

The pattern is in five pieces: the right pleated front (cut with the shaped central box-pleat), half the pleated back (pleats wheelmarked on front and back patterns), half the collar band, one cuff, one shirt sleeve.

The diagram shows the pattern pieces laid on 4 yards 31-inch plaid Viyella, completely on the cross. The material is double beneath front, sleeve and cuff pattern, so that each is cut in duplicate. The single material is folded crosswise, the back centre of back and collar laid along the fold. See that the cross of plaid is *exact* down centre of front's box-pleat and down back centre of back. It is exactly on the cross where the cross stripes meet in V points. Where material is not wide enough (see back's basque) seam on an added corner, taking care that stripes meet. See that your two fronts are *exact* (stripes on the same level and direction). The left front is cut without box-pleat.

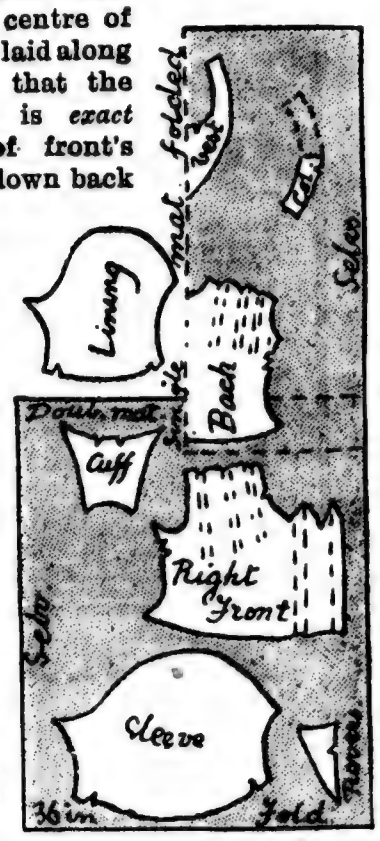


DIAGRAM OF GIRL'S BLOUSE PATTERN.

Arrange the pleats. Tack together back and fronts and try on. Sew the seams (neat run-and-fell seams) and stitch down pleats. Hem the basque. Hem left front and sew down it buttons. The buttonholes can be made down centre of box-pleat. De Long

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hooks and worked loops suffice if the fastenings are not to show. Line and put on the collar. Provide it with buttonholes back and front, to hold the studs of the linen collar.

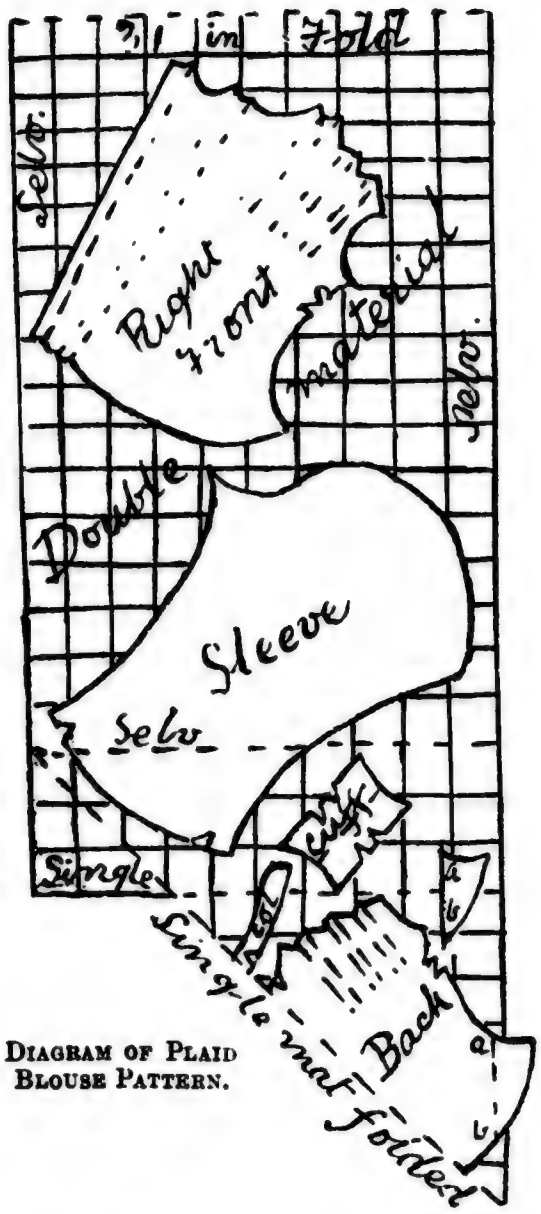

Diagram of Plaid Blouse Pattern.

Seam the sleeve. Slit the centre and hem the edges for an opening. Gather it into the doubled cuff which closes with buttons and buttonholes or hooks and loops. Arrange the sleeve into the armhole on the wearer and stitch in, binding the seam.

Plaid Viyella does not need much trimming; hence velvet buttons (which must be removed for washing) can be recommended, with velvet ribbon tie and belt (very smart for indoor wear).

THE NEW CAPITAL SATEENS.

Dressmakers—and home workers also—will be glad to hear of a new and excellent substitute for silk foundation skirts. Transparent materials are to be all the rage this spring and summer, and how is a moderate purse to provide for such fabrics silk foundations? Of all the mercerised linings used as silk substitutes none beat the "Capital" Sateens—a very glossy, light material, 31-inches wide, which is to be had in black, white, cream, and the whole gamut of the new shades, light or dark. This sateen can be had at any good drapers, but the trade mark—the capital of a column—should be looked for.

"HINTS ABOUT BABY."

By a Trained Nurse.

The above is the title of a little publication containing much good counsel on the bringing up of children. Sensible and reliable advice, in simple language, is given as to the management of infants. Food, sleep, bath, air, exercise, clothing, illnesses, and accidents are all dealt with in wise fashion, and many valuable hints, the result of practical experience in the nursery, are included. The booklet may be obtained, post free, on application to Messrs. Josiah R. Neave and Co., Fordingbridge, England, makers of the celebrated and world-famed food for infants, growing children, invalids, and the aged.

Dr. Samuel Barker, Hon. Physician to the Alexandra Hospital for Children, describes Neave's Food (it has an established reputation of over 80 years' standing, and was awarded Gold Medals in London 1900 and 1906) as a "readily digested and highly nutritious product, containing a large percentage of the flesh-forming constituents, rich in phosphates, useful where teeth and bone development is tardy, and more laxative than some foods."

Sir Chas. A Cameron, C.B., M.D., of Dublin, Dr. Gordon Stables, and other scientists, as well as the leading Medical Journals, speak emphatically in favour of Neave's Food, while—best of recommendations—mothers, who have tried the food in their families, willingly express their satisfaction at the splendid effects it has had on the growth and health of their children, especially in the case of delicate infants. Messrs. Neave and Co. possess numerous *unsolicited* testimonials and photographs, that are constantly being received.

Messrs. Josiah R. Neave and Co. have for some time past had the honour conferred upon them of Purveyors by Special Appointment to the Empress of Russia, and their food has for several years past been regularly supplied to the Imperial Nursery for the use of Her Imperial Majesty's children.

No. 6741.—Shirt Blouse of Plaid Viyella.
For Description see page 28.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

CURE OF CORPULENCY.

The correspondence consultations inaugurated by Mr. F. C. Russell, founder of the "Russell" Treatment for the Permanent Cure of Corpulency and author of the treatise "Corpulency and the Cure," are proving a great success. No fee is asked for consultation, so that people of small means are not in any way debarred from having their case considered and pronounced upon by Mr. F. C. Russell. The treatment in no way includes the semi-starvation diet which is so disagreeable to follow, and which has brought down many a patient to a state of permanent weakness.

Those who intend to consult Mr. Russell by post should give a detailed account of their case; this will be carefully considered, and the treatment based on the "Russell" system will be forwarded to them. The system in no way comprises tiresome diet limitations, as the treatment is partly based on the necessity of due nutrition which means health, strength, and vitality when properly secured. The cure is not too violent, as the suppression of the tendency to excessive fat is gradual.

The recipe of Mr. Russell's special preparation for the cure of obesity is given in "Corpulency and the Cure," a book of 256 pages, a free copy of which (in a private envelope) will be sent to any of our readers who will write for it and include two penny stamps to cover postage, The book also contains a printed list of questions which may be answered by the applicants who wish to take advantage of the Free Correspondence-Consultations. Communications (always regarded as strictly private) should be addressed to Mr. F. C. Russell, Woburn House, Store Street, Bedford Square, London, W.C.

THE PREVALENT COUGHS AND COLDS.

All that is worth something has a long life, and this is specially the case with true medical remedies, which do not grow on every bush. Coleby's Balsam continues to be a recognised cure for colds and coughs and all affections of the throat and chest (ailments only too rife this changeable weather), because it has been found to be thoroughly efficacious for the special ailment while perfectly harmless to the constitution in general. Coleby's Balsam is specially prepared in two strengths for adults and for children. It is sold by all chemists and stores, or it will be sent post free (for 1s. 1½d. the bottle) by Coleby's Balsam Limited 4, Finsbury Market, E.C.

"Your patterns are so excellent I do not care to use any other."—A.

Descriptions of Our Illustrations.

Tailor Gown with Yoke Skirt.

No. 6689, Page 6. Elegant model for serge, tweed, cloth, &c. The skirt is a two-piece umbrella, the fronts full length, but the sides and backs tucked (tucks wheelmarked) into a two-piece hip yoke (lined). Skirt is unlined, and is worn over a foundation skirt. Close at back or at lapped yoke seam on left. Shaped belt of the stitched material. Elegant model. Pretty bolero, two backs and fronts pleated into stitched shaped bands. Added double-breasted fronts and back centre with lapped seams. Close with velvet buttons and buttonholes. Wide collar of the material faced velvet. Waistcoat fronts of white cloth showing above and below the crossed fronts. This has a smart collar-revers, faced with striped silk. The waistcoat, decked with small buttons, closes with hooks and eyes. Original two-piece sleeve, the two-piece cuff cut partly with the upper sleeve. 42-inch material, 7 yards.

Braided Skirt and Bolero of Cloth or Serge.

No. 6690, Page 6. Two-piece umbrella skirt, pleated back and front (pleats wheelmarked on pattern) decorated with straps of braid which cease in the front. Wear over a five-gore foundation skirt. Bolero tucked back and front (tucks wheelmarked on pattern), strapped and edged with braid, which also outlines the Victorian armhole (coat is very long in the shoulder). Sleeve is arranged on a smaller lining with braided cuff. Beneath cuff is a band of velvet and a smaller cloth cuff. The belt is plain, of velvet, stiffened, decorated with buttons. The braid straps are held with metal buttons. Ribbon velvet can replace the braid. 48-52-inch material, 6 yards.

Smart Gown of Plaided Pale Grey Tweed.

No. 6691, Page 6. Two-piece umbrella skirt, with lapped seam in front. Velvet buttons matching the chequering lines. Elegant coat—tucked in front-sides, and back (tucks wheelmarked), one tuck being the lapped seam. The coat has also two side pieces. The lower basque is cut with front centres. Added basque (two pieces) and added belt basque cut with tabs, which are held with velvet buttons. Waistcoat fronts of striped silk, closing with hooks and eyes. Original sleeve, the upper tucked and stitched down, held by velvet buttons. It is mounted on a smaller lining. There is a triple cuff of plain cloth, velvet, and striped silk. The double collar is of plain cloth and velvet. The top of the coat fronts are decorated with two velvet buttons, these fronts being loose and lined with silk. The whole coat is silk lined. Very smart and original model. 52-inch material, 7 yards. For patterns of the new chequered tweeds send to Best's Dress Goods Co., Department M, Bradford.

Charming Tailor Gown of Fine Navy Serge, with Wing-Sleeve Bolero.

No. 6692, Page 7. Two-piece skirt, cut circular enough to flute handsomely; trimmed with broad straps of the serge. Line with leaf-green moire, or wear over a five gore foundation skirt. Green taffetas belt supported on bones. Bolero of the serge—two fronts, one back, the fronts shaped with an original tuck. Edge with braid or straps and line with leaf-green silk. The wing sleeve is lined and is edged with braid. The top is gathered into the armhole. 52-inch serge, 7 yards. For fine serges send to Best's Dress Goods Company, Dept. M, Bradford.

Nos. 6742, 6743, & 6744 Nos. 6745 & 6746

No. 6747 No. 6748 Nos. 6749 & 6750

DETAILS OF DRESS AND CONFIRMATION CAP.

For Descriptions see pages 30 to 34.

Price of Paper Patterns, Bodices, and Veil, each 6½d.; the other models, each 8½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Smart Morning Coat and Skirt.

No 6693, Page 7. Five-gore pleated skirt (pleats wheelmarked) of the new spring tweed. Pleats, which are small inverted box-pleats in front, are down to knees. Wear over the five-gore foundation skirt. Smart coat of tweed—a back, two fronts, two sides, two waistcoat fronts (cut with revers) of white cloth. Face coat with cloth and close edge to edge with hooks and eyes. Velvet buttons. Revers collar (double) faced one with cloth, the other with velvet, simulating an added revers. Two-piece coat sleeve, pleated into shoulder. Line with silk cut on coat pattern, but seamed apart. Waistcoat could be of rich silk, matching facings and lining.

Smart Corselet Skirt and Bolero.

No. 6694, Page 7. Seven-gore corselet skirt, with lapped seam in front to assist shape, of tweed, serge, or cloth, decorated with straps of passementerie mounted on silk. Close at back. Line to hip, and bone with care. Wear over a five-gore foundation skirt. Bolero is very novel and elegant—a tucked back and two tucked fronts (tucks wheelmarked on pattern), decorated with silk-lined passementerie on which the edges are lapped and stitched. Close with a hook and worked loop. Sleeve is very smart, arranged on a smaller lining, strapped with the passementerie over silk. Line with the silk throughout. 52-inch material, 9 yards. For the fine serge, tweed or cloth send to Best's Dress Goods Co., Department M, Bradford.

A Pleated Cashmere Blouse.

No. 6695, Page 9. The pattern is in pieces — half the pleated back, one double-breasted pleated front, half the basque, one sleeve (pleated to form a lower sleeve), half the revers collar. Pleats are wheelmarked on front, sleeve and back patterns. Lay the pattern pieces on 2 yards of 46-inch material, which is double, so that front, sleeve, basque are cut in duplicate. The single material is folded (selvedges meeting), the back centres of back and collar laid on the fold. Arrange and partly stitch down the pleats. Tack together the back and fronts. Add the basque. Try on. Close with velvet buttons and buttonholes. Seam the side seams (run and fell seams). Stitch edge into the basque Seam on lined velvet collar according to the notches. Detachable linen habit shirt with linen collar. Velvet ribbon belt and tie. The sleeve is seamed inside with a fell seam. It is pleated to fit the lower arm, closing at wrist with a single hook and eye. Pleat the top of the sleeve into the armhole, and bind the seam for neatness. For inexpensive cashmeres and velvets in the new spring colours send to Messrs. Samuel Lewis's, the Holborn Silk Market, Holborn Bars, E.C.

Pleated Blouse of White Nun's Veiling.

No. 6696, Page 9. The pattern is in seven pieces—half the pleated back, the right pleated front (cut with central box-pleat), half the basque, one sleeve, one sleeve lining, half the band collar, one cuff. Pleats are wheelmarked on front and back patterns. Lay the pattern pieces on 2½ yards of 42-inch material, which is opened out and is doubled, so that front, sleeve, basque, and lower sleeve are cut in duplicate. The single material is folded, the back centres of back and collar patterns being laid on the fold. The left front is cut without box-pleat. Arrange the pleats and secure inside. Trim with woollen torchon

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insertion down box-pleat and on the band collar. Tack together back and fronts. Add the basque. Try on. Close with small pearl buttons and buttonholes made in an underfold of box-pleat Seam the side seams (run and fell seams). Seam on the collar according to the notches. It hooks at back, the neck of left side of blouse being neatly bound and supplied with worked loops to keep in place the hooks on edge of collar. Satin ribbon belt. The sleeve is seamed inside with a fell seam. It is arranged on the smaller lining, gathered into a lace-trimmed cuff with lace frills. Gather the top of the sleeve into the armhole, and bind the seam for neatness. For charming white veiling send to the Holborn Silk Market, Holborn Bars, E.C.

Smart Blouse of Velvet.

No. 6697, **Page 9.** Cut a mercerised bodice lining with two backs, four sides, three-piece front to close on left of centre panel. Tack, fit, seam, leaving side and shoulder seams. Veil top with three-piece lace yoke. Veil with backs and front of wine-red velvet, tops rising in points which are held over the shoulders with velvet straps and rich buttons. Finish the seams. Blouse hooks at back. Belt of the velvet draped on bones. Puff sleeve beautifully draped to form a puff on a smaller lining, finished with lace cuff and velvet straps. Lace collar draped on bones. 20-inch velvet, 5 yards. 18-inch lace, 1½ yards. For very inexpensive and handsome velvets send to the Holborn Silk Market, Holborn Bars, E.C.

A Net Evening Blouse.

No. 6698, **Page 9.** To be worn over a low-necked, sleeveless slip under-bodice (see No. 6747) of silk. A back and two crossed fronts of the net, the neck and right front edged with handsome insertion. One-piece net sleeve arranged on a transparent lining, with net wing epaulet edged with the lace. Sleeve frills of similar lace. 45-inch net, 3 yards. The Holborn Silk Market has a variety of dainty figured transparent materials for this blouse.

Charming Blouse of Black Oriental Satin.

No. 6699, **Page 9.** Cut a fitted mercerised bodice lining with double front, to close at back. Tack, fit, bone, leaving only side and shoulder seams. Drape top with three-piece yoke of white lace. On this bodice are arranged the full black satin backs and front which are gathered into a lined tabbed band yoke of the black satin decorated with enamel buttons. A lining sleeve holds the one-piece full satin sleeve, prettily draped, with tabbed cuff (like yoke). Lace fitted lower sleeve. Beautiful model. Double width satin, 2 yards. For the black Oriental satin, send to the Holborn Silk Market, Holborn Bars, E.C.

Elegant Striped Silk Blouse.

No. 6700, **Page 9.** Cut a bodice lining with three-piece front, to close on left of centre panel. Tack, fit, bone, leaving only side and shoulder seams. Drape with lace vest (with band collar), with two backs and two fronts of striped silk, cut on cross, stripes meeting in V points at back. The trimming of band straps, cut on cross and piped, is original. The shoulder strap is short in front but extends below waist at back. Velvet belt supported on bones. A lining sleeve holds the one-piece sleeve. Lace jabot and lace sleeve puff. Lace collarette. Strap cuff. 22-inch silk, 6 yards. For striped silk send to the Holborn Silk Market, Holborn Bars, E.C.

Girl's School Coat.

No. 6701, **Page 10.** Fitted, double-breasted, covering the dress, closing with buttons and buttonholes. Two fronts, six sides, a pleated back, pleated back basque (pleats wheelmarked). Tabs, cut with sides of back, are stitched over waist seam. Stitch down back pleats to waist, and basque pleats for a few inches. Lapped back seams. Good model for drab tweed. Face fronts with tweed. The revers collar and cuff are faced with strapped velvet. Line with silk or simply bind seams and facing edges for neatness. Smart pocket flaps. The two-piece sleeves are lined. 48-inch material, for a girl of twelve 6 yards. For tweed patterns, send to Lewis's, Market Street, Manchester.

Schoolgirl's Afternoon Frock.

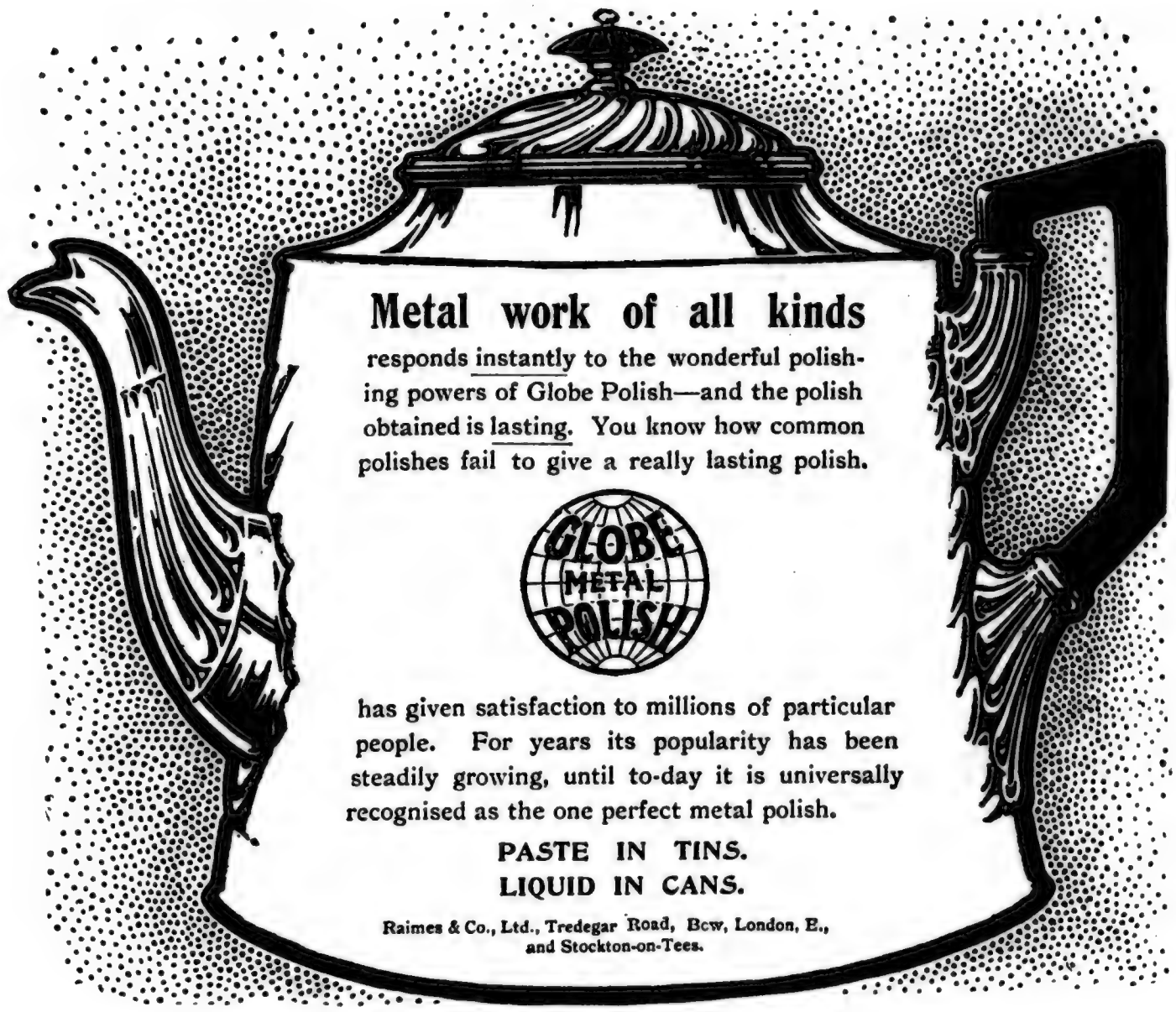
No. 6702. **Page 10.** Good model for wine-red cash mere or face cloth. Five-gore skirt, with two pleated backs, two pleated sides, a tablier cut with tabs which are buttoned across the side knife pleats. Pleats are wheel-marked on pattern. Back centre pleats are stitched for a few inches. They simulate a triple box-pleat. Tablier seams are lapped. Metal buttons. Wear over a foundation skirt. Blouse of skirt material—a pleated back, two pleated fronts (pleats wheel-marked on front and back patterns), a front centre cut with tabs and lapped seams. Tabs button over the left pleats. Blouse lining is cut on blouse pattern after pleating, except sleeve lining, which is smaller. The one-piece sleeve is draped on the lining, finished with strap cuff. A band collar holds the linen collar and silk tie. 44-inch cashmere for a girl of fourteen, 5 yards. For the cashmere, send to Lewis's, Market Street, Manchester.

Girl's Cashmere Blouse.

No. 6703, **Page 11.** A back, a narrow left front, and a double-breasted right front (open at neck) of the cashmere is arranged into a basque. The open neck is filled in with a vest of lace over silk. Collar of Victorian type, of the cashmere, edged with velvet and lined with silk. Lace band collar. The cashmere sleeve is very prettily draped on a smaller lining with velvet-edged cashmere cuff and silk frill. Velvet buttons. Velvet belt. 48-inch cashmere, 1¾ yards.

Girl's Embroidered White Viyella Blouse.

No. 6704, **Page 11.** Two tucked fronts and tucked back of white Viyella (tucks wheelmarked on pattern) arranged into a three-piece yoke cut with front centres, scalloped and embroidered with Peri-Lusta thread. Band collar with embroidered revers. Shirt sleeve of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the white Viyella with embroidered cuff. Satin ribbon tie and belt matching the embroidery in colour. The sleeve is pleated to fit armhole. 31-inch Viyella, 3¼ yards.

Girl's Smart Cashmere or Silk Blouse.

No. 6705, **Page 11.** Cut a bodice lining with two backs, four sides, three-piece front to close on left of centre panel. Tack, fit, seam, leaving side and shoulder seams. Veil panel with pleated satin (pleats wheelmarked on pattern). Satin band collar, pleated to flat pattern, hooking at back. Veil with pleated back and two pleated fronts of cashmere, pleats wheelmarked on pattern. A tie collar of darker velvet is kept in place by cashmere straps. Finish the seams. Velvet buttons. Belt of velvet draped on bones. Tucked sleeve (tucks wheelmarked) draped on a smaller lining, finished with strap cuff and pleated satin lower sleeve (pleated to flat pattern). 46-inch cashmere, 1¾ yards; 21-inch satin, ¾ yard.

Lace Blouse and Lovely Corselet Skirt.

No. 6706, **Page 12.** Skirt looks excellent in velveteen or black silk (the more substantial makes of silk or satin). The skirt is in seven gores—a tablier, two sides cut with box-pleats (which continue up to form the pleated shoulder straps), two plain sides, two backs. The crossed pleated shoulder straps at back are added at shoulder seam. Skirt closes beneath left box-pleat. Pleats are wheelmarked. The straps are lined. The skirt is mounted on a fitted and boned corselet which holds belt of the skirt material. Very elegant utility model. 22-inch black silk, 12 yards. Lovely white lace blouse worn over an underslip. Two backs, a double front, closing at back, mounted into a three-piece yoke (with band collar) of coarser lace. Draped sleeve on a lining of Brussels net, with lace cuff. 18-inch piece lace, 5 yards. Empire scarf of net and lace.

Empire Tea Gown with Lace Over-dress.

No. 6707, **Page 12.** Seven-gore satin dress, cut circular enough to flute, held with an Empire sash of leaf-green ribbon, which passes through the lace overdress at back. Lace overdress has two backs and two fronts, scalloped and edged with a frill of Valenciennes. A satin ruche edges satin neck. The hem of satin dress is felled invisibly over a band of lino. Wear over a silk princess petticoat. Turned-back front forms lace sleeves over a lined satin puff sleeve, with elbow frill. Lovely model for oyster-white cashmere-back satin. 44-inch satin, 8 yards; 18-inch lace, 7 yards. For the satin, send to the Holborn Silk Market, Holborn Bars, E.C.

Empire Lounge Dress.

No. 6708, **Page 12.** Seven-gore Princess dress, cut circular enough to flute, held with an Empire drapery of ribbon, the ends tagged. Pretty collar of net and lace. Big puff sleeve on smaller lining, with shaped frill veiling a lace under frill. Ribbon straps. Big rosettes of ribbon on dress and sleeves. Lovel model. 44-inch Oriental satin, 8 yards.

Elegant Black and White Evening Gown.

No. 6709, **Page 13.** Of the new velvet-striped gauze. A foundation skirt (five gores) of white silk is veiled with a fuller seven-gore skirt of the gauze made quite apart, the seams trimmed with panels of white lace decorated with Louis XVI. knots of silver gauze. Black velvet hem. The foundation skirt is edged with silk pleating. Cut a bodice lining of white silk with two backs, four sides, a three-piece front to close on left. Tack, fit, seam, leaving side and shoulder seams. Veil with full back and two fronts of the gauze. White lace collarette. Crossed berthe draperies of white chiffon. White lace decoration on double-breasted right front, tipped with white tassels. Transparent wing sleeve edged with lace. Belt of silver tissue draped on bones. 45-inch gauze, 8 yards; lining silk, 22-inch, 9 yards.

A Princess Evening Gown.

No. 6710, **Page 13.** Nine-gore Princess dress, closing at back, lined to hip, the material mounted on the 9-piece fitted lining. Good model for white or cream satin or face cloth. Fit, seam, and bone with care. The hem is felled invisibly over a band of lino. Lace forms a central front panel and lace appliqués decorate the bodice, partly on the folds of the chiffon berthe. Skirt edge is trimmed with lace appliqués and velvet ribbon. Chiffon sleeve, beautifully folded on a plain lining with lace appliqués and strap of velvet ribbon. Chiffon sleeve frill. Chiffon folds form the berthe with a velvet rose in front. A beautiful model. 44-inch satin, 8 yards; 55-inch chiffon, 3 yards.

Pretty Evening Gown of Silk Net.

No. 6711, **Page 13.** A full skirt (7 gores), trimmed with sequin passementerie. Silk foundation skirt. Fitted silk bodice closing on left of centre panel. Full 3-piece bolero of the net, gathered into a band of the trimming, closing on left shoulder. Lace berthe. Net draped sleeve, lace epaulette. Draped silk belt. 45-inch net, 9 yards.

No. 6751 No. 6752 No. 6753

No. 6754

SMART AND USEFUL PLEATED SKIRTS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 1s. 0½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

Matron's Smart Afternoon Gown.

No. 6712, **Page 14.** Beautful seven-gore skirt of heliotrope cloth, lined moirette or silk, the top fitted, the gores flowing richly below the knee. Hem with a broad band of darker heliotrope velvet, and decorate with three broad added tucks of cloth (doubled bias bands). Cut a bodice lining with three-piece front, to close to left front on left of centre panel. Fit, seam, leaving only side and shoulder seams. Cover front panel with plastron of white satin veiled with cream lace, and put a similar pointed panel at back. Drape the rest with a draped back and two draped fronts of the cloth. Finish the seams. Lace band collar. Wide belt of velvet gathered on bones. Elegant berthe pélerine (silk-lined) of the velvet, with turn-over of lace flouncing. Puffed sleeve on a lining, which is finished with a stiffened velvet cuff decorated with lace. Lace elbow puff. Chenille tassels. 46-inch cashmere, 9 yards; 20-inch velvet, 3 yards. For the cloth and velvet send to Samuel Lewis's, The Holborn Silk Market, Holborn Bars, E.C.

Matron's Smart Skirt and Three-quarter Redingote.

No. 6713, **Page 14.** Good model for "herringbone" tweed, fine navy serge, or face cloth. Three-piece umbrella skirt, each circular piece made up of breadths seamed up the selvedge, the back plain. Line with silk moirette or sateen, or wear over a five-gore foundation skirt. Smart coat—a back, four sides, and two fronts, with breast dart to edge of coat, close fitting. Face fronts with tweed, interlined with fine canvas. Buttonholes are mostly made in right facing, which is slipstitched to front between each buttonhole. Only two of the buttonholes are made through the front. Elegant shoulder straps of fancy braid. A shaped piece of velvet forms a chemisette-collar, over which coat material is lapped. Stiffen the velvet with lino. Line coat with glacé, cut on coat pattern, but seamed apart. One-piece sleeve, on a smaller lining, with braided cuff. 52-inch tweeds, 7 yards. For patterns, send to Robinson and Cleaver, 40B, Donegall Place, Belfast.

The New Peplum Mantle of Black Silk.

No. 6714, **Page 14.** For married ladies, young or middle-aged. The style is not adapted for girls. Very smart model for gros-grain or poult de soie; also for rich black satin or pale coloured velours mousseline. One back and two fronts, with peplum draperies back and front, gathered on shoulder and tipped with tassels. If of silk these draperies should not be lined. Line back and double-breasted fronts with cream silk. Close with hooks and worked loops and decorate right front with silk *motifs*. Charming coquillé collar of cream silk and lace. The sleeve is very smart, cut with a peplum point. Mount on a white lining. Cuff of black silk, faced with white silk and lace. 22-inch black silk, 6 yards.

Child's Blouse Frock.

No. 6715, **Page 15.** Two backs and one front, pleated (pleats secured) to a little below the long waist. Finish the rounded top with a smart braid. Three-piece yoke of lace over silk with band collar. Belt of the braid (stiffened). Pleats are wheelmarked on back and front patterns. One-piece sleeve on a smaller lining with fitted lower sleeve and added wing epaulet, trimmed with braid. Good model for cashmere. 46-inch cashmere for a girl of four, 2 yards.

Little Girl's Spring Coat.

No. 6716, **Page 15.** Loose, double-breasted, covering the dress, closing with buttons and brandenburghs. Good model for drab fine tweed or cloth. Face fronts with tweed. The revers collar, epaulets, and cuff are faced with braided tweed. Line with silk. The one-piece sleeve has a smaller lining. 54-inch material, for a girl of eight, 3 yards. For tweed patterns send to Robinson and Cleavers, 40B, Donegall Place, Belfast.

Spring Coat and Skirt for a Girl of Fourteen.

No. 6717, **Page 15.** Pleated skirt in five gores (pleats wheelmarked on pattern) of grey tweed; the pleats are the inverted "box" type. Wear over a petticoat or foundation skirt. Original coat: full fronts, backs, with added back centre and double-breasted fronts, which are edged with velvet. Line with silk. Velvet facing to the revers collar. Close with velvet buttons and buttonholes. Puffed elbow sleeves on a smaller

"I have just commenced taking your journal, and am very pleased with it."—N. B.

lining with velvet-edged cuff. Velvet belt. 54-inch material required, 5 yards.

Girl's Empire Coat.

No. 6718, An umbrella skirt of cloth is arranged into an Empire bodice—back and two double-breasted fronts. Face fronts with silk, braided on revers. Line coat with silk. One-piece sleeve. Collar and big cuff are braided. 52-inch cloth, for a girl of ten, 3 yards.
Page 15.

Smart Red Cashmere Frock.

No. 6719, For a girl of fourteen. Full five-gore skirt is tucked to flat pattern. The front forms a box pleat (wheelmarked on pattern). Smart unlined blouse—a pleated back and two pleated fronts, right front cut with central pleat. Pleats are secured inside. Close with hooks and eyes. Decorative enamel buttons (black and gold). Lace collarette (detachable) with band collar. Detachable lower sleeve of lace to the puffed elbow sleeve (on a smaller lining) with folded cuff of red taffetas. Taffetas belt. 46-inch cashmere, 5 yards.
Page 15.

Baby's White Silk Pelisse.

No. 6720, A two-piece umbrella skirt is arranged into a three-piece bodice. Line with thinner white silk. Cape to match, in two pieces, trimmed with coarse lace appliqués. White felt hat. 22-inch silk, 5 yards.
Page 15.

Tucked Dressing Jacket of Washing Silk.

No. 6721, A tucked back and two tucked fronts, decorated with lace insertion (tucks wheelmarked on pattern). Arrange into a square yoke piece made up to pattern of lace insertion, edged with narrow lace flouncing, and threaded with ribbon. Wider ribbon is threaded through the lace straps in front only. Gathered sleeve without lining, secured with ribbon-threaded lace, which holds a lace-trimmed silk frill, open up the side. 36-inch silk, 6 yards.
Page 16.

Lovely Lounge or Dressing Gown of Fine Cashmere.

No. 6722, Dress in 5-gores, arranged into a rounded Empire band back and front, which is of the cashmere edged with lace, cut with worked slots and threaded with ribbon. This band is fitted into a three-piece Victorian yoke of cashmere, striped with lace. The lace insertion is decorated with crochet silk buttons of the lace colour. Into the long-shouldered yoke is fitted a band sleeve which holds the sleeve frill, both trimmed with lace. Cross-cut flounce at edge of skirt trimmed with lace. 46-inch cashmere, 8 yards. For the cashmere send to Best's Dress Goods Co., Department M, Bradford.
Page 16.

Cache Corset of Washing Silk.

No. 6723, A back and two fronts, fronts shaped with darts, arranged into the added basque. Trim with lace insertion and edging (silk cut away beneath insertion). Neck is edged with lace run with silk ribbon. To match No. 6725. 36-inch silk, 1½ yards.
Page 16.

French Drawers of Washing Silk

No. 6724, To match Nos. 6723 and 6725. Two piece drawers, with broad crossed hems back and front (false hems), the top arranged into a low-cut lined band. Strap with lace, and edge with a cross-cut flounce, tucked and edged with lace. 36-inch silk, 2½ yards.
Page 16.

A Tucked Silk Chemise.

No. 6725, To match Nos. 6723 and 6724. Tucked front, edged lace insertion and narrow flouncing. Edge armhole with lace. Straps of lace. 36-inch silk, 3 yards.
Page 16.

A Tucked Silk Nightdress.

No. 6726, Elegant model to match Nos. 6721 or 6722. A tucked front (slit for an opening), a plain back, eked out with added corners. Stitched straps protect opening. Strap like No. 6721, with lace insertion. Edge neck with ribbon-threaded insertion and lace. Smart sleeve, decorated with lace, gathered on a silk lining into a lace strap, which holds the full open frill, which is edged with lace. 36-inch silk, 6½ yards.
Page 16.

Beautiful Gown of Lewis's "Wonderful" Velveteen.

No. 6728, Full seven-gore skirt, the front forming a box pleat (wheelmarked on pattern). In cutting see that the velveteen feels rough if stroked downwards. Hem invisibly (the French hem) over a band of lino. Close at back. Wear over a five-gore silk or moirette foundation skirt. Lovely bodice of the "Wonderful" Velveteen (can be used as a separate smart blouse also). Cut a fitted white mercerised lining with three piece front, to close on left of centre panel. Tack, fit, stitch, leaving only side and shoulder seams. Veil top with a drawn up chemisette of white chiffon. Veil the rest to the waist with a pleated back and two double-breasted pleated fronts (pleats wheelmarked on pattern) of the velveteen. Right front is cut with a revers. Close with enamel buttons. Lace collarette and lace band collar. Belt of satin, arranged on bones. Draped sleeve on a smaller lining, with lace cuff and sleeve frills of finer lace. 24-inch "Wonderful" Velveteen, 16 yards. For the "Wonderful" Velveteen (2s. the yard), send to Lewis's, Market Street, Manchester.
Page 19.

A Tailor Gown of Striped Irish Tweed.

No. 6729, The pattern of coat is in ten pieces (half the coat)—one back, two sides, one front (all cut on cross), one Chesterfield front centre (cut on straight with half the basque), one back of basque, one cuff, half the collar, the upper and under of one sleeve. Close with buttonholes made in left facing, and decorate with metal buttons. Fronts are faced with tweed, with added slipstitched velvet facing for revers. Lapped seams for front centres and basques. Line with silk cut on coat pattern but seamed apart, slipstitched to the stitched coat edges and front facings. Two-piece sleeve, cuff faced velvet. Seven-gore flounced skirt. 52-inch material, 8 yards. For this tweed send to Robinson and Cleaver's, 40B, Donegall Place, Belfast.
Page 20.

Widow's Dress trimmed with Courtauld's Crape.

No. 6730, Nine-gore Princess dress of double black cashmere, closing at back, lined with black silk. Fit, seam, and bone with care. The hem is felled over a broad shaped band of lino, which supports the smart tabbed
Page 21.

"CHEAP FOOD FOR ALL."

To the Editor.

Sir,—Milk is admittedly a valuable article of diet. To concentrate, therefore, the entire nourishment of thirty pints of fresh milk into one pound of tasteless soluble powder without destroying any of its nutritive properties, is a noteworthy achievement. This has been done by the Plasmon Co., of 66, Farringdon Street, London, E.C., who will send free samples and a descriptive booklet to all readers who send a postcard naming this paper.

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Yours, &c.,
A. D. V. T.

A Warning for Spring.

The Amazon Cloths, Venetians, Habit Cloths, and other faced cloths so fashionable this season, are beautiful cloths, but are very liable to SPOT with RAIN unless they are "PIRLE" FINISHED.

Your Draper knows that we guarantee to make good any damage by rain to materials bearing on the selvedge this stamp:

THE "PIRLE" FINISH.

Extract from "Madge's" letter in *Truth*:
"Every dressmaker ought to leave out a bit of selvedge somewhere with the 'Pirle' stamp on it, as it affords an absolute guarantee for the wearer. The proprietors undertake to make good any material so stamped that has been actually damaged by rain."

EDWARD RIPLEY & SON, LTD.,
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Back Views of Models Illustrated on Pages 22 and 23.

band of Courtauld's Crape. Elegant crape collar with two peplum points in front and two much shorter points at back (collar is open to neck at back), the front points tipped with silk tassels. Interline with lino and line with thin silk. One-piece elbow sleeve on a smaller lining, with tabbed cuff of crape supported on lino. 48-inch cashmere, 8 yards. Widow's bonnet with long veil of Courtauld's crape, which does not spoil when damped or spotted with rain, &c. Habit skirt of white silk muslin with tie of dull black silk.

Smart Spring Gown.

No. 6731, Page 22. Elegant skirt of pale pastel green face cloth, in seven gores, beautifully cut. Wear over a silk foundation skirt, or line with silk, moirette, or the new Capital Sateen. Cut a fitted bodice lining with three-piece front, to close on left of centre panel. Tack, fit, bone, leaving only shoulder and side seams. Veil with tucked back and two double-breasted tucked fronts of face cloth (tucks wheelmarked on pattern), front top of centre panel being veiled with plastron of lace and lace band collar. Revers collar, faced with broché silk. Belt of broché or of velvet, stiffened with bones. Elbow sleeve on smaller lining, with cloth cuff edged with a strap of broché. Close cloth fronts with rich enamel buttons. 52-inch cloth, 6 yards. For the cloth, send to Best's Dress Goods Co., Department M, Bradford.

Novel Spring Costume Trimmed with Braid.

No 6732, Page 22. New Kimona bodice, for outdoor wear. Cut a fitted lining with three-piece front, to close on left of centre panel. Tack, fit, seam. A puff sleeve of fine supple cloth, draped on a smaller lining, finished with a braided cuff band, is sewn into the armhole. On this is draped the one-piece Kimona bodice of the cloth—back, fronts, and wing sleeve in one. A side-piece is added on each side, and there is an added under sleeve to give flow. Belt of taffetas. Kimona is decked with braid. Two-gore skirt of the cloth, lined with Capital sateen or silk, edged with a row of the wide braid. 52-inch cloth, 7 yards. For this soft fine new cloth, send to Best's Dress Goods Co., Department M, Bradford.

Spring Costume in Plaided Tweed.

No. 6733, Page 22. Very smart model. Of blue and very pale grey chequered tweed cut on cross. The pattern of skirt is in three pieces (half the skirt): one back, one side, one front. Lay the pattern pieces on 4½ yards of 52-inch chequered tweed. (For patterns of lovely tweeds send to Robinson and Cleaver's, 40n, Donegall Place, Belfast.) To eke out material seam on added corners, stripes made to meet. See that stripes meet at visible seams. The back seam is concealed in an inverted box-pleat. Tack together the five breadths according to the notches. Try on. Stitch and press the seams. Rearrange the back pleat. Bind the top with a ribbon, and fell the back opening edges with bands of silk. Close with hooks and loops. The pocket can be inserted in back pleat. Skirt is worn over a five-gore foundation skirt as lining is apt to spoil the beautiful "flow." New Kimona bolero: fronts, back and sleeves, cut in one, with added side pieces and under sleeves. Line with silk. Metal buttons. Face one-piece collar with velvet. 52-inch material, 2 yards.

A Beautiful Cloth Gown with Directoire Redingote.

No. 6734, Page 23. The pattern of coat is in nine pieces (half the coat)—one back, three sides, one double-breasted front, one cuff, half the collar, the upper and under of one sleeve. Lay the pattern pieces on 5 yards of 52-inch cloth, which is doubled so that the pattern pieces are cut in duplicate. Tack together backs, sides, fronts. Try on. Stitch and press the seams. Face fronts to buttons with white silk laid on white lino, embroidered on the revers with silk braid of the coat colour. The same braid decorates the basques. Turn up the edge all round over a band of lino. Close with button-holes and metal buttons. Cut white silk lining on coat pattern. Seam and press it. Tack it in place and slipstitch the turned edges over the stitched coat edges. Face the turnover collar with white embroidered silk. Sew the collar into the neck, and fell the facing over the seam. The sleeve is seamed and lined, finished with a braided silk-faced stiffened cuff. Sleeve is stitched into the armhole, and the coat lining is felled over the seam. Smart five-gore eel skirt worn over a foundation skirt. 52-inch cloth for skirt, 4½ yards.

Back Views of Our Four Free Patterns.

A Lovely Spring Gown of "Oat" or Pale Grey Cloth or Cashmere.

No. 6735, Page 23. The new thin, soft cloth, as light as cashmere. Or else cashmere could be used. Suitable for smart afternoon functions. Seven-gore full skirt of the cashmere, rather high waisted, especially at back, in the new style (semi-Empire). Wear over a silk foundation skirt. Cut a rather short-waisted bodice lining in silk or mercerised lining with back, four sides, three-piece front, to close on left centre of panel. Tack, fit, seam, leaving side and shoulder seams. Mount on it a lace plastron (with lace-over-silk band collar), two pleated fronts, a pleated back (pleats wheelmarked on pattern) of the cashmere. Finish the seams. Fronts and back are embroidered with narrow white silk braid placed on edge. Draped belt of white taffetas, with the new sash end at back of pleated taffetas; belt, supported on bones. Puff sleeve tucked on a lining to form a frill (tucks wheelmarked). 46-inch cashmere, 8 yards. For patterns of the cashmere send to Best's Dress Goods Co., Department M, Bradford, who pay the cost of carriage both ways.

An Exquisitely Cut Coat and Skirt of Handsome Irish Tweed.

No. 6736, Page 23. Five-gore skirt of tweed, with fitted top. Line with moirette or Capital Sateen, and edge skirt with a strap of plain cloth, or a band of leather. The pattern of coat is in ten pieces (half the coat)—one back, two sides, one front side, one double breasted front, half the collar, the upper and under of one sleeve, one shoulder strap, one cuff. Lay the coat pattern on 2½ yards of 52-inch material, which is doubled (selvedges meeting), so that pattern pieces are cut in duplicate. Tack together backs, sides, and fronts. Try on. Stitch and press the seams. Turn up the edge all round over a band of lino. Face fronts with tweed. Coat closes with silk or leather olives and buttonholes. Collar is interlined and faced with cloth or leather. Cut silk lining on coat pattern. Seam and press it. Tack it in place and slipstitch the turned edges over the coat edges. The sleeve is seamed and lined. The edge is finished with a leather or cloth cuff, stitched to the tweed. Sleeve is stitched into the armhole, and the coat lining is felled over seam. 54-inch tweed for skirt, 4 yards. For this beautiful tweed send to Robinson and Cleaver's, 40n, Donegall Place, Belfast.

Spring Hat of Rough Straw,

No. 6737, Page 26. Mauve straw hat of new shape, trimmed with shaded mauve feathers and white ribbon.

Spring Hat of Blue Chip.

No. 6738, Page 26. Very smart model. The only trimmings are two shaded blue feathers and blue satin ribbon (a rich royal blue shade).

Tuscan Straw Morning Hat.

No. 6739, Page 26. Goes well with tailor-made gown. Round the crown are stiffened folds of black velvet. Smart "pad" plume.

Lace Collarette.

No. 6742, Page 30. Insertion forms the "shape," narrower insertion holding the collarette in place. A frill of finer lace provides the wide collar. Smart silk buttons.

Lace Plastron.

No. 6743, Page 30. Useful model to beautify a plain dress. Plastron and collar are of Irish crochet, trimmed with frills of Valenciennes.

A Chiffon Collar.

No. 6744, Page 30. Collar and bow are made up to flat pattern with gathered chiffon. 45-inch chiffon, ¼ yard.

(*Concluded on Page* 41.)

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KITCHEN TRIALS, AND HOW TO AVOID THEM.

That cooking is learned by experience no one will deny; but the experience is often very painful, and very wasteful too. To-day I hope to show how some of the trials besetting the cook's path may be avoided, and how some of the failures she mourns—not all, alas!—may be remedied.

CAKE-MAKING.

Who does not know the cake with a hole in the centre? or the fruit all sunk to the bottom? or with dull, heavy streaks all through? or burnt black on top and barely cooked inside? Yet all this might have been avoided so easily. The hole in the centre is the result of one or all of several things. There may have been too much baking powder, which would make it rise splendidly at first, but, rising too quickly, before the sides, or walls, were strong enough, as soon as the cake was moved, or the oven door banged, or a draught of cold air allowed to rush in, the structure collapsed. This collapse would also occur if the oven was too hot, which, independently of anything else would cause rapid rising, and contribute to the subsequent fall.

When fruit sinks to the bottom of a cake, it has probably not been mixed in thoroughly—with the result that if the tin is moved, or the oven door banged, the heavy fruit, unequally distributed, sinks down at once. For this there is no remedy; but the next time a cake is baked, care in mixing in the fruit, and great care in avoiding moves or shocks of any kind, will prevent similar troubles.

The heavy streaks which disfigure many cakes are caused by the butter and sugar not being creamy enough before flour, &c., are added to them; or, in the case of cakes where the butter is rubbed into the dry flour, by want of thoroughness in this process.

When streaks occur only in the centre of the cake, the reason is simply that it has not been sufficiently cooked.

When cakes are burnt on the top, the heat from above has been too great—a greased paper should be placed over the cake, and a saucer of cold water on the oven shelf, and, if caught in time, a cake may yet be baked properly. Cakes badly burned underneath are suffering from too great bottom-heat in the oven. If the cake-tin had been supported on two crossed sticks, or placed in a baking tin containing about 1½ inches of salt or sand, it would have fared better; but when once it has been really burned there is no remedy.

CUSTARDS are often curdled, to the dismay of the amateur cook. The reason, whether the custard be baked or boiled, is the same; it has been overheated, and the eggs have separated into curds and whey. To remedy curdling in boiled custard (if it is not very bad) beat up another egg, and add it to the custard while still quite hot; or mix two teaspoonfuls of cornflour smoothly with a little milk, bring it to boil, and then stir it into the custard. (This quantity for a pint of custard.)

BAKED custard cannot be made better if once it has curdled, but if care be taken to bake slowly in a very moderate oven, and to stand the piedish in a larger piedish full of cold water, there is little danger of overcooking.

IN BOILING FISH the trouble often is that it breaks in the water, or drops to pieces as it is lifted out. The first is the result of boiling fast, instead of simmering; the latter of careless lifting. If the fish be wrapped in a muslin, should there be no drainer in the fish kettle, breaking may be avoided; but when once it has taken place, the only thing to do is to serve the fish flaked, without its skin or bone, or cover it with some sauce (probably egg sauce, parsley sauce, or some other will be ready prepared), and garnish it with cut lemon and parsley.

IN FRYING FISH greasiness, flabbiness, and poor colour are the cook's troubles, and all these are caused by the fat being badly prepared. Remedy: Clarify all fat regularly, and use only that which is perfectly pure. Do not put fish into fat which has not a faint bluish smoke arising from it, and remember to drain it well on paper before serving.

IN MAKING SAUCES, of the plain kind usually liked in small houses, lumpiness is a dread foe. The reasons for it may be many. There may be too much flour or too little liquid, or it may have boiled too long. A little more water, milk, or stock, whichever is used, added carefully, and well stirred in (having the pan away from the fire during the process), until every lump has disappeared, will remedy matters; but if this be done ON the fire, the remedy will certainly be worse than the disease, as the sauce will become thick, like a paste, and quite uneatable.

If sauce is lumpy and *too thin*, a very little more flour, cornflour, rice flour, or whatever is the thickening agent, should be mixed with a little liquid, and then stirred into the sauce until it re-boils. Then, if lumps remain, remove the pan from the fire as before, and continue stirring till all is smooth again.

When sauce which ought to be white turns a bad colour, the butter and flour have been allowed to brown while cooking together; or the flour, being put in alone, has burned; or the butter has fried; or a burnt and discoloured pan or spoon has been used. For this tragedy no remedy exists, unless the menu permits of a really brown sauce, in which case a few drops of caramel or Parisian essence, according to whether a sweet or savoury sauce be required, will disguise the failure, and only the cook need be aware of it.

LETITIA HOPE.

Prize Recipes.

A prize of 2s. 6d. is awarded for each of the following Recipes and Hints:—

PRIZE COOKERY RECIPES.

A NICE SAUCE FOR RICH PUDDINGS.—To half a breakfastcupful of sugar add 1 teaspoonful of flour, 1 teaspoonful of ground cinnamon; fill the cup up with light wine or brandy, and boil for five minutes. (Enough for 5 or 6 people.)—Miss A. BURGE, 24, Park Road, Chiswick.

STUFFED HERRINGS.—Split half-a-dozen herrings down the back, without cutting them in two. Put the roes aside. Brown some chopped onions and shallots, and some raw mushrooms; put them into a mortar with a handful of bread crumbs. Add some chopped parsley, butter, and two raw yolks of eggs, and a seasoning of pepper and salt. Mix well; roll each roe in the mixture, till it is plentifully covered, and slip each one back into a herring. Press the sides together, and lay the fish on a gratin dish. Sprinkle with browned bread crumbs and chopped parsley, and a few little pieces of butter. Bake for twelve minutes, basting them with hot butter. Serve in this same dish, very hot.—Mrs. ATKINSON, Merlewood, Chislehurst, Kent.

AN ECONOMICAL SUPPER DISH.—Required: Some cold mashed potatoes, 1 onion, a small quantity of ox or sheep's kidney, or a few spoonfuls of minced meat of any kind. Fry the onion (sliced) and the kidney, cut up small in a little good dripping or butter. Add the potatoes ten minutes after putting in the onion and kidney. Add salt and pepper, and serve very hot, without gravy, in a vegetable dish.—Mrs. DICKSON, Gascoign Lane, Ropley, Hants.

VEGETABLE MARROW PIE.—To use up vegetable marrows which have been stored for winter use: Peel and put into a saucepan, and when sufficiently soft, mash with a fork, drawing away as much water as possible. Add a little grated cheese, and a well beaten egg, and a seasoning of pepper and salt. Put into a piedish, cover with bread crumbs, and bake a nice golden brown.—Miss A. HARRADINE, Donnington Hall, Ledbury, Herefordshire.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following Household Hints:—

TO SILENCE CHAIRS.—When the dining-room floor is of painted or hard wood, much noise is made by the rasping of the feet of chairs, at meal times, &c. This may be avoided if rubber tips are fastened to each chair foot.—Miss VIOLET SPIERS, 2, Barlow Road, Maidstone.

AN ECONOMY IN COAL.—Thrifty housewives should use up accumulations in small coal thus:—Soak old newspapers in water till they are quite a pulp. Squeeze into balls about the size of an orange, and roll in the coal dust till thickly coated. Dry thoroughly, but slowly, and use, one or two at a time, put on to the fire with fresh coal. They will give out a splendid heat, and last a long time. If a fire is made up with them at night it will last until morning.—Miss BEDFORD, 12, Priory Crescent, Lewes, Sussex.

TO PROLONG THE LIFE OF BROOMS.—Before using a new broom steep it in warm water for a few minutes. It will last longer, for the very dry fibres of brooms are brittle and likely to snap. The same treatment is advisable about once a week. Keep brooms and brushes hanging up, for they soon spoil if left standing on the floor.—Miss K. KING, Mount Castle, Abbeyfeale, Limerick, Ireland.

HOW TO PRESERVE EGGS IN WATERGLASS.—The best time to preserve eggs is in April, May, and June, when they are at their cheapest price. Buy waterglass (silicate of soda) at any chemists, and have 1lb of it to each gallon of water to be used. Any wood, iron, or earthenware buckets or pans may be used for storing, but they must be kept in a cool room, pantry, or dairy, and not moved about. Boil the water, put it in the bucket, cask, or pan, and, while still quite hot, add the waterglass. When cool put the eggs in. They will keep for months quite sweet and good.—Miss C. LARMAN, 81, Pevensey Road, Eastbourne.

"I find "Myra's a very useful journal, also very elegant."—S. B.

Health and Beauty.

By MISTRESS ANNE PAGE.

Letters to be addressed to Mistress Anne Lane, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

'Flu's Victim.—I am sorry that you have had such bad attacks of influenza. To ward this weakening complaint off, in future you should occasionally take a course of the "Vema Pills," which are sold for 2s. 9d. by Mr. Mason, 25, Bank Plain, Norwich. These have another very good effect, too—they purify the blood, and greatly beautify the complexion. To restore the pretty roundness to your cheeks, massage them daily with "Dr. Harlan's Beauty-Cup" (2s. 1d., post free, from the M-Highwater Laboratory Co., 1-84, Exchange Building, Southwark, London), which is so easy to use, and so entirely satisfactory in its results. To prevent your hair falling, and to arrest the greyness that is threatening, you should nightly rub into partings made in every direction on your head some of the non-greasy "Primrose Lotion," which the above Mr. Mason sends post free for 2s. 6d.

Sarah.—To cure that distressing indigestion which makes you dread to eat anything, take a teaspoonful of "Dr. Hommel's Hæmatogen" (any chemist can get you this) in a wine-glass of water, immediately before each of your meals. This will remove the immediate trouble, and will improve your appetite, and soon make you feel stronger.

Laurie.—A well-made transformation saves a business-girl a lot of time and a good deal of annoyance, too, for when she has this, she will always be *bien coiffée*, no matter what the weather, nor what she has to do during the day. I advise you to go round to 10, Newman Street, W., tell the manageress there that you are a reader of Myra's Journal, and ask her to let you see the "Transformation," which is really worth five guineas, but which they are now offering for 30s. It is made of the purest hair, and can be had in any shade that will match the intending wearer's own.

Spotted One.—Considering the sedentary nature of the work you have to do, it is not much wonder that you suffer from indigestion, cold feet, and acne pimples. Here is the course of home treatment I advise you to adopt for the next six weeks, during which period you ought to get much stronger, and your complexion entirely recover its clearness. Every morning on rising, open your window wide at the bottom, and take in deep draughts of the fresh air for two or three minutes. Then move further back, but still face the open window, and (*a*) swing your arms backwards in circles as rapidly as ever you can twenty times. (*b*) Raise your arms sideways as high as possible without in the least bending your elbows, twenty times. (*c*) Rub the palms of your hands together vigorously and rapidly sixty times. (*d*) Stand firmly on one leg, and try to describe circles as wide and as high as possible with the other, keeping the rest of your body still. Do this on both sides ten times. (*e*) Stand on an imaginary line on the floor, and trot as fast as ever you can a hundred steps but without going forward. You ought now to be in a splendid glow, and should at once step into a warm bath with a good handful of soda in it. Wash well all over with this, but use no soap at all. Dry with brisk towel friction, rubbing from your extremities in the direction of your heart always; then rub yourself all over back and front with the palms of your hands. Dress, and then bathe your face with a lotion composed thus:—Rj. Hazeline, 3 drachms; Mucil-Cydonii, 2 drachms; Tinct. Benzoini simplici, 1 drachm; Aq. Sambuci, 3 ounces; Aq. Rose add 8 ounces. Let Mr. Mason, 25, Bank Plain, Norwich, dispense this beautifying skin lotion for you as he has the right mucilage.

Spotted One.—Second Coupon.—To cure the painful indigestion, eat simple but nourishing foods, and before each of your meals take a dose of Dr. Hommel's Hæmatogen (all chemists keep this), which, while promoting a better circulation, will purify your blood, improve your appetite, and aid your digestion. You should have "Plasmon Oats" porridge for your breakfast one week, and in the alternate week have "porridge" made of whole wheat. This is made by soaking a cup of the wheat grains (from a corn-merchant) in two cups of cold water for 24 hours, then putting the basin containing the wheat and the same water into the oven and cooking in moderate heat for 6 hours. For your breakfast put about three tablespoonfuls of this cooked wheat into a double saucepan with a little milk, let it get hot, eat it with a teaspoonful of Glebe Golden Syrup, and you have a delicious variety of "porridge" that will strengthen you and prevent constipation.

Spotted One.—Third Coupon.—The carrying out of the daily system of hygiene which I have advised in your first and second answers, will result in better health, and will help to cure the acne which pimples your face and disfigures it, but for the present, until the spots go right away and leave no mark behind them, you should every night bathe your face with hot water, dry it, then rub into it some of the "Cream of Sulphur" which Mr. Mason, 25, Bank Plain, Norwich, sends post free for 2s. 9d. Let this remain in contact with the affected skin all night, and in a short time you will be free from this complaint, which must annoy you excessively.

Vivandiere.—You will find in "Oatine" the really good skin food that you seek, and a complexion beautifier that contains nothing that could induce or encourage superfluous hairs. It will cleanse your skin better than soap and water can do, and it will make it ever so smooth and white. You can get a jar of it post free for 1s. 3d. from The Oatine Co., 136, Denman Street, London, S.E., who will send with it, if you ask for this, a copy of their book "Beauty Hints" free of further charge.

Sunny Jim.—I am glad to hear from you again, and to be able to tell you that the "Temple Treatment" for improving the neck and bust is really a good one, and one which is to be given to yourself by yourself at home. You can get all particulars of this by sending a stamped envelope with your address to Madame F. D. Temple, The Temple Association (Dept. 94), 10, Pugh Place, Golden Square, London, W.

Sunny Jim (Second Coupon).—As your father feels so full of rheumatism, you should persuade him to take a course of "Clark's Blood Mixture" (2s. 9d. a bottle at any chemist's), to give up tea, and have a hot bath with a liberal allowance of common washing-soda in it two or three nights a week. He should not use any soap in this soda-bath, and then he will find his pains will be much relieved.

(*For further Answers see page* 40.)

ANÆMIA.

By MRS. ADA S. BALLIN.

Editor of "Womanhood," and of "Baby: the Mothers's Magazine."

Anæmia, or bloodlessness, is one of the commonest troubles of the present age—so common, in fact, that it seems to me that quite two-thirds of the girls one comes in contact with in towns are affected with it. The complaint can hardly be called a disease in the ordinary sense of the word, but is rather a debilitated state of the body, which lays it open to the attacks of most other kinds of diseases.

The condition in question is characterised by a deficiency in the number of red corpuscles in the blood. There is very often pallor of the cheeks and lips, but in some cases these may be of a natural colour, and lead even the patient to believe that she is not anæmic, when the real state of the case can instantly be discovered by examining the gums and the inside of the eyelids. These, instead of being a good deep pink, are pale and yellowish-looking. The tongue is apt to be pale and flabby, and indented by the teeth; the sufferer is readily fatigued, troubled with breathlessness on going up and down stairs; she very often suffers from palpitation or pains about the heart, which may lead her to believe that she is suffering from some disease of the heart. She suffers frequently from headache, pains in the back, and languor, and soon becomes very tired by any little unusual exertion. She may even faint, and thus cause considerable anxiety to her family. There are frequent eruptions on the skin, which may be either of an irritating kind, or simply acne either in the form of blackheads or pimples, or both.

There are two kinds of anæmia—one the common kind of which I have spoken, and another called pernicious anæmia, which is a fatal disease and most difficult of treatment.

In such cases there is wasting and yellowishness of the skin, which assumes an almost transparent waxen hue; but these cases do not come within the province of this paper. I may, however, remark that the best remedy to improve the condition of the blood in these cases which is now being very largely prescribed by the medical profession, is Dr. Hommel's Hæmatogen, manufactured by Messrs. Nicolay and Co., 36, St. Andrew's Hill, London, E.C., which contains, in a purified form, hæmoglobin, the natural colouring matter of the blood, rich in organic iron and albumen, as well as the mineral salts, including the phosphates of soda and potash which are found in meat. It is far better to give a preparation like this, which is a food and nourishes the blood, than to give iron in a mineral form, which so often upsets the digestion.

Ordinary anæmia is a condition of every day occurrence. Any line of treatment for ordinary cases of anæmia must be persistently applied and can only be properly carried out at home.

All anæmic persons should be in the fresh air as much as possible, so that the blood may become oxygenated, and an anæmic girl who is not really ill should take exercise for at last an hour twice daily. Walking, cycling, swimming (if the heart is not weak), rowing, and tennis are all suitable. Eight hours' sleep is not too much, as the brain, being badly supplied with blood, needs extra rest, and in some cases even nine hours' sleep may be indulged in with advantage. The bedroom, however, should be well ventilated, and here I may mention that it is a great mistake to keep a gas jet burning, as it destroys the oxygen in the air; anæmic persons need very much oxygen, which is essential to keep the blood pure.

Iron is a food to all anæmic persons, and must not be regarded by them as medicine only to be taken temporarily, for in most cases it is necessary to persevere in taking iron for a period varying from two months to five or six years. I am strongly opposed to the ordinary methods of giving iron in

(*Continued on next page.*)

January 20.—"Of all the ladies' papers that are published 'Myra' is undoubtedly the very best."—M. H.

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(Continued from page 38.)

anæmia, which are very frequently worse than useless, as the iron is so often decomposed, or in a form that is indigestible, when the patient takes it; while when given in a pill such as Blaud's pill, it is apt to pass through the body quite undigested, and a patient might just as well swallow a bullet. As ordinarily given, also, iron is very apt to cause constipation, and for these reasons Dr. Hommel's Hæmatogen, which I have mentioned above, should invariably be given in preference to other preparations. It is best to begin with a dessertspoonful dose, taken half an hour before lunch and dinner. The object of giving it before meals is to stimulate the appetite and assist the assimilation of other food. The dose should be gradually increased to a tablespoonful. When this is taken for a few weeks the effect is really remarkable: the quality of the blood rapidly improves, the sallow cheeks grow rosy, and the pale lips red, while the feelings of languor and depression pass off, and the girl grows cheerful, bright, and fit to take her place in the world.

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The book will show you conclusively how easy it is to obtain perfect health, a lustrous complexion, and a queenly figure in a very short time, through the simple agency of **The Temple Nerve and Flesh Food** (a vitalising agent and flesh builder), and how, without otherwise prejudicing your health in any way, you may, by a natural hygienic method, **enlarge your Bust** from three to six inches **in a few weeks.** At the same time the shoulders are developed and made pretty and plump; and those "salt-cellars" which used to bar you from being beautiful are removed. **The Temple Nerve and Flesh Food,** as supplied for bust development, is a certain remover of wrinkles, crowsfeet, lines, chaps, pimples, blackheads, and all other blemishes upon the skin. It thoroughly clears the complexion, and gives it the full rich tone which can only be possessed by a woman who is in the pink of perfect health. If there be any special ailment the Flesh Food can be specially altered to remove it at the same time the bust is developed.

There is no time to lose. Every day you delay means the longer you will have to wait for beauty. Send at once, enclosing stamp to pay postage, and address your letter to **Madame F. D. Temple, The Temple Association (Dept. 94). 10, Pugh Place, Golden Square, London, W.**

HEALTH AND BEAUTY.

Answers continued from page 38.

Judith.—A safe remedy for the over-fatness on your hips is the "External Zobeide Reducing Paste," which is sent post free for 3s. by Mrs. Maine, 10, St. Mildred's Road, Lee, London, S.E. This really gives excellent results if preserved with for a few weeks.

An Irish Reader.—Your hands will keep beautifully soft and white if you will always wash them in warm soft water, and before drying them rub well into them a few drops of "Beetham's Lait Larola," which you can get at your chemist's shop for 1s. a bottle. I am glad to know that you are so delighted with "MYRA'S LIBRARY OF NEEDLEWORK" which you obtained for 1½d. per number from Messrs. Beeton & Co., 10 and 11, Fetter Lane, London, E.C., and that you are now adding considerably to your income by making the fashionable jewelled embroidery for dresses which is so well taught in No. I. of that set of helpful books. Kindly show the LIBRARY to your friends when you have opportunity.

Pimpernel.—While your hair is so very thin on your forehead that you can never wear a smart hat becomingly, you should wear one of those beautiful fringes of natural waving hair that, though quite worth a guinea, are now being sold for 6s. 6d. by The International Hair Co. (Dept. M.J.), 10, Newman Street, Oxford Street, London, W. If you can call there for it, so much the better, as the courteous Lady Manager will show you how to dress your hair à la mode with it, but if you cannot go, you should send a bit of your own hair to be perfectly matched, with your Postal Order for the above amount. Perhaps in this case it would be as well for you to first send for their illustrated price list, as they have several different styles in the marvellous fringes.

Phœbe.—As you find such difficulty in digesting even the simplest kinds of foods you should sprinkle on everything you take a pinch of "Plasmon Powder" (9d. a packet at the chemist's), so that in all you take about a teaspoonful during the day. The powder is quite tasteless, and it is not a drug, but it is a great aid to a feeble digestion and it makes all food more nourishing. Do not take so much "slop-food," as that is calculated to distend you and cause flatulence, but eat wholewheat prepared in the way I have described to "Spotted One," wholemeal bread toasted crisply, figs, prunes, apples, and other fresh fruits, green vegetables steamed or cooked in their own juice, celery, and watercress. Whatever you eat you must masticate well, and you should never have anything between your regular meals except a glass of quite hot water, which you should sip slowly about an hour before each of them.

Belinda.—To make hair grow rapidly on your forehead you should rub well into the hair-line there some of "Dr. Davis's Famous Hair Restorer," which will be sent you for 2s. 9d. a bottle, post free, by the Proprietor (Dept. 47), 309, Portobello Road, London, W.

Peg.—I am so sorry to hear that your hair is already beginning to turn grey, and as this will be very detrimental to you in business, you must take immediate steps to remedy the mischief that is going on. If you will take a course of the "Hæmoglobin Perles," which Mr. Mason (25, Bank Plain, Norwich) sends for 2s. 9d., and will every night during the next three months make partings in all directions on your head and rub into each as you make it a little of the "Petrolate of Sulphur," which the same Mr. Mason sends for 2s. 6d., the colour will all come back, and be a richer brown than before your illness, your hair will grow much thicker, and the scalp will be entirely cured of scurf.

Mayflower.—To make your eyes sparkle, and look large, dark and brilliant, wash them night and morning with "Zobeide Eyebretta" which is sent for 2s. 9d. post free by Mrs. Maine, 10, St. Mildred's Road, Lee, London, S.E. If you take a course of the same lady's "Zobeide Complexion Pearls" (1s. 7d. a box) your skin will soon gain that clear transparency that is so charming, and that makes up for want of regularity in the features.

Tip.—Give up those crude pills, and take a teaspoonful of "Eno's Fruit Salt" in half a tumbler of water, three times a week the first thing on rising. For the rest follow the directions I have given to "Spotted One," and you will soon cease to be troubled with constipation.

SHOPPING BY POST.

THERE is going to be a great run on Irish tweeds for smart spring gowns, especially the very pale tweeds—either plain or widely chequered with a bright colour, such gowns being trimmed with coloured velvet buttons. The favourite light shades are the "oat" (our old friend of old, the "oatmeal" tone) and all creamy hues, also the palest greys. A pale grey Irish tweed, plaided with green, skirt and coat decorated with green velvet straps and buttons, is the smartest creation of the West End tailors.

No. 6755.—Smart Travelling Wrap of Chequered Tweed.

For Description see Pages 30 to 34.

Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

To see Irish tweeds at their best and newest one ought to get patterns from Robinson and Cleaver's, 40R, Donegal Place, Belfast. Their creamy tweeds are lovely. In writing for tweed patterns it is advisable to ask also for samples of their Irish dress linens, which are to be such a feature of the summer fashions. The colours of the linens are beautiful, and there is a variety of weights to suit all purposes, from a draped embroidered blouse to a firm tailor coat.

The linen collar has acquired all its old ascendancy, and it must not be forgotten that Robinson and Cleaver's collars, vests, and cuffs of Irish linen distance all competitors in excellence of material and workmanship. So many "home" blouses are being made with turn-over collars, which require a linen habit shirt (with collar) to complete them; and for these dainty accessories—necessities, indeed, with the very fashionable blouse of the type—ladies cannot do better than write to Robinson and Cleaver for estimates.

It is a feature of the times that materials belong to any season. A woman wears a filmy transparent blouse beneath her fur coat, and velvet or velveteen is now a favourite fabric for both outdoor and indoor spring costumes. The velvet dress is playing a very important part in Riviera styles—which are those of the approaching summer—and such frocks (very smart in type) are often so devised that they can serve as outdoor or home afternoon gowns. This useful and becoming sort of gown can be inexpensively and effectively carried out in Lewis's "Wonderful" Velveteen, a lovely fabric, sheeny of surface, thick of pile, and only 2s. the yard. The sort of gown to make is illustrated on page 19. With an Empire scarf about the shoulders of embroidered crêpe de chine, and a smart hat of chip straw to match the scarf, an elegant visiting or promenade gown is obtained, while, as it stands, no prettier home afternoon frock could be devised.

Lewis's "Wonderful" Velveteens are to be had in all the new and lovely blue, red, and green shades in many gradations. Patterns will be sent post free to anyone of our readers who mentions "Myra's Journal" when they are writing to Lewis's, Market Street, Manchester. Carriage is paid to any part of the United Kingdom.

Before deciding on the material for white underwear we ought to send off for patterns of his new longcloths, Maddapollams, &c., to Mr. Christopher Williamson, Maddapollam Department, 91, Edgware Road, W. The soft, fine-finish, fine Indian longcloths are beautiful materials, from 36 inches wide, and beginning as low as 5¾d. the yard. The extra fine *double width* Indian longcloth at 1s. 1½d. is as dainty as nainsook, but of course firmer and more durable. The Maddapollam Cambrics (from 4¾d., 41 inches wide) are excellent materials for summer underwear, surplices, and aprons. There is a special fine wide Maddapollam (41 inches) at only 6¾d.,

"Have used your Fichu Pattern this week, and find it A1."—J. D.

finer ones rising to 11¾d. Mr. Williamson can also supply pink or blue Maddapollams, which are specially dyed for him (8¾d., 42 inches); also embroidered edgings for trimmings (2¾d, and 6¾d.), the colours being quite fast.

A fine range of Mull muslins for night-dresses, &c., commence at 9¾d. the yard. Excellent fine, soft cambric longcloths, commence at 5¾d. All these fine cotton fabrics are of exceptionally good quality.

Mr. Williamson's nainsooks are beautiful. His plain nainsooks, all 39 inches wide, are to be had by the piece (12 yards) from 5¾d. the yard or 5s. 6d. the piece. There is an exquisite nainsook for infant's robes at 1s. 7½d. (19s. the piece of 12 yards). A 12-yard piece at 10s. 6d. would make the smart confirmation dress on page 28. A reduction is made for taking nainsook by the piece, as this fabric is manufactured in 12-yard lengths, and selling the piece straight off avoids the collection of small remnants.

For babies' and small children's frocks, which have no gores, ladies should try the ready hemmed and tucked nainsooks. One of these has small tucks to the depth of eight inches (only 1s. 3d. the yard). This tucked material is, of course, a great saving of labour. It can be had tucked in groups, with alternate inch tucks and groups of small tucks, &c. And tucked nainsook can also be had with hemstitched tucks, tucks alternated with embroidery insertion, with faggot stitch, and other dainty decorations in a variety of styles.

Ladies who are always looking out for new blouse materials should make a point of seeing the charming tussore-coloured mercerised brocades (only 7¾d., 27 inches wide), which look like figured tussore silks. There is also a very attractive collection of openwork and transparent fabrics in white and écru (6¾d. and 8¾d., 27 inches wide).

Descriptions of our Illustrations.

(*Continued from page 34.*)

Confirmation Cap.

No. 6745, Page 30. Pretty little model of white muslin. A width of muslin is arranged into a ribbon-covered band of buckram decorated with two ribbon rosettes. Lower edge is cut to form a deep point. 29-inch muslin, 1 yard.

A Net Bolero Bodice.

No. 6746, Page 30. A back, two fronts, and frill berthe of net, trimmed with insertion and edging of coarse lace. Berthe and rosettes of velvet ribbon. 45-inch net, 1½ yards. Looks well on a velveteen bodice with short sleeves.

Cache Corset or Under Slip.

No. 6747, Page 30. One-piece bodice of fine muslin gathered into shaped bands of doubled muslin, worked with slots and threaded with ribbon. Lace edges bands. Ribbon shoulder-straps. 36-inch muslin, 1 yard.

Embroidered Handkerchief.

No. 6748, Page 30. Pretty design, decorated with lace and fine embroidery.

A Velvet Belt.

No. 6749, Page 30. Make up to flat pattern, supporting the draped velvet on whalebone. Trim with small bows.

A Glacé Belt.

No. 6750, Page 30. Make up to flat pattern in two pieces with gathered headings front and back.

A Smart Spring Skirt.

No. 6751, Page 32. Good model for serge. In five gores, with two box-pleats in front (wheelmarked on pattern), decorated with straps piped with velvet and held with velvet buttons. 52-inch serge, 5 yards.

Pleated Plaid Skirt.

No. 6752, Page 32. Excellent utility model. In five gores, pleated in groups, pleats wheelmarked on pattern. Cut on cross, seeing that stripes keep in straight lines as much as possible. 48-inch plaid, 5 yards.

Pleated Cloth Skirt.

No. 6753, Page 32. In five gores, the pleats (wheelmarked on pattern) secured inside to the knees. 52-inch material, 5 yards.

A Pleated Yoke Skirt.

No. 6754, Page 32. Front, forming two box-pleats. Two-piece hip yoke cut with lapped panel, on which each box-pleat is partly stitched down. Circular side is pleated into yoke. Back forms two box-pleats. Wear over a foundation skirt. Pleats are wheelmarked on pattern. 54-inch material, 5 yards.

Smart Travelling or Motor Wrap

No. 6755, Page 40. Chequered tweed for this coat should be Pirle-finished. The pattern of coat is in ten pieces (half the coat), one back, one side, one front side, one double-breasted front (with lapped seam), one cuff pocket and flap, one side pocket flap, half the collar, the upper and under of one sleeve. Lay the pattern pieces on 6½ yards of 52-inch tweed, which is double. Tack together backs, sides, fronts. Side seams, back and front, are lapped. Try on. Stitch and press the seams. Turn up the edge all round over a band of lino; stitch down. Interline fronts with lino and face with tweed. Close with metal buttons and silk braid stitched down right front, left free at intervals for loops. Stitch on side pocket flaps. Cut silk lining on coat pattern. Seam and press it. Tack it in place and slipstitch the turned edges over the stitched coat edges. Face the collar with velvet. Sew the collar into the neck, and fell the facing over the seam. The lined sleeve is seamed and pressed after the little pocket is stitched on upper. Sleeve is stitched into the armhole, and the coat lining is felled over the seam.

FREE 4/6 COUPON
ENTITLING ANYONE WITH
RHEUMATISM

to receive prepaid, Free to Try, a regular 4s. 6d. pair of Magic Foot Drafts and valuable new book (in colours) on rheumatism.

Name .....

Address .....

.....

Only one free pair to one address. 345

If you have rheumatism cut out this free 4s. 6d. coupon and send it to us with your name and address plainly written on the blank lines. Return post will bring you—free to try—a 4s. 6d. pair of the famous Magic Foot Drafts, the great cure for rheumatism. They are curing very bad cases of every kind of rheumatism, both chronic and acute, no matter how severe. They are curing cases of 30 and 40 years' suffering, after doctors and baths and medicines had failed. Send us the coupon to-day. When the Drafts come, try them. If you are satisfied with the benefit received — then you can send us 4s. 6d. If not, we simply take your word, and the Drafts cost you nothing.

Aren't they worth trying on that basis? Our faith is strong that they will cure you, so cut out and send the above coupon to-day to Magic Foot Draft Co., 345, Victoria Chambers, Holborn Viaduct, London, E.C. Send no money—no stamps—just the coupon.

PEACH'S LACE CURTAINS

SEND FOR OUR NEW CATALOGUE.
FREE ON REQUEST.

A large Book giving the choice of over **400 Illustrations.**

The recognised Guide to Window Draperies.

Ideas here are plentiful for ordinary Windows, also Casements.

IDEAL HOME DECORATIONS. **At Direct Loom Prices.**

We make **Lace & Net Curtains, exquisite designs.**

Dainty and Inexpensive Nets, Muslins, Casement Cloths, Cretonnes, Tapestries, Roller Blinds, Household Linens, Hosiery &c. Standard qualities.

After **50 years** admitted the best for lasting service.

Secure the advantage of Direct Loom Prices.

WRITE TO-DAY—

SAMUEL PEACH & SONS,
Mail Order Dept., 133, The Looms, NOTTINGHAM

The "R.S." Patent Reducing
CORSET.
With Extra Strong Elastic Belt.

Improves every figure, at once reduces corpulency and prevents high figure, affords strong binding support without pressure. Instantly adjusted.

BLACK, WHITE, OR DOVE,
Real **10/6** *Whalebone.*

Sizes stocked, 19 to 36 inches; over 30-inch waist, 4d. per inch extra. We fit any figure, should stock sizes not fit, we exchange making a pair with any alterations, 1/6 extra. Sent post free to ladies upon receipt of waist size and P.O. Colonial Orders, 1/6 extra.

R. SCALES & CO.,
Corset Specialists,
NEWARK-ON-TRENT, ENGLAND.

"WINCELLA" Regd.

Queen of Winceys. Is an improved Scotch Wincey. Won't Shrink or Flame. Ideal for Blouses, Babies' Frocks, Underclothing, Gent's Shirts, Pyjamas. In Cream, all colours, Stripes, Checks, Spots, **1/- to 2/6** per yard. Also Blankets and Hosiery, soft and silky, purest wool, practically unshrinkable. Made on "Ye Banks and Braes o' Bonnie Doon." Send for Patterns and Price List. Mention "Myra's Journal," who recommend—**MACARTHUR, Ayr, N.B.**

When ordering Articles Advertised, Please mention "Myra's Journal."

HAIR DESTROYER.

JAMES'S DEPILATORY instantly REMOVES SUPERFLUOUS HAIRS from the Face, Neck, or Arms, without injury to the Skin. Of all Chemists, or sent with directions for use, free from observation, on receipt of postal order for 1/3, 2/3, and 2/9.

Mrs. C. JAMES, 268, Caledonian Road, London, N.

LUXURIANT HAIR.

Long flowing Eyelashes, Eyebrows, &c., are QUICKLY PRODUCED by using JAMES'S HERBAL POMADE. It is invaluable for the production of Whiskers, Beard, and Moustachios; it causes the Hair to grow on Bald Places and Scanty Partings. Of all Chemists, or a box (with directions) sent, free from observation, on receipt of postal order for 1/3, 2/2, and 2/3.

Mrs. C. JAMES, 253, Caledonian Road, London, N.

Correspondence.

RULES.

1. To be answered in the next number, letters must reach us not later than the 25th of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be sent unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered on this page.

Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Dainty.—(1) You will find some very pretty underwear on page 16, well fit for a trousseau. Have you the February Number? It dealt specially with a bridal trousseau, and you will find there very good gowns for bride, bridesmaids, &c. (2) The embroidered blouse will be given shortly. (3) The "kimona" bolero is the newest—sleeve cut with fronts and backs. You will find one (plaid) on page 22, also a trimmed blouse-bodice—both very new and smart. The "kimona" coat can be combined with the elongated front points you like so much, which you can tip with tassels. The Free Bolero Pattern has these front points, but the tassels are omitted; they would be incongruous for a cycling or morning gown, which, however smartly cut, should be simple in trimming and design.

Old Lavender.—(1) The newest sequins are small and iridescent—chiefly of moonlight blue or *nacrê* (mother-o'-pearl) tints, but sequins and beads are so prevalent that any sequin or bead embroideries and fringes which you possess may safely be brought out. (2) Certainly blue is to be fashionable, especially in a rich Royal and a most beautiful "Moonlight" blue. "Moonlight" satin is an exquisite evening fabric. (3) Silk net for Court dresses is generally worn over gold or silver tissue. The net, of course, must be embroidered. The most effective designs form a thick border at the edge of the skirt and rise in filagree sprays almost to the waist. Certainly use your grandmother's scarf. It will make a sensation. Keep it for evening. Is it not rather too good for omnibus and train? You see it might get torn in a public vehicle. The ladies for whom such a gem was made never came in actual contact with the public at all. Yes, of course. All the smarter summer dresses will be "protected" by an Empire scarf. But for an Academy crush on an ordinary day, and for every day wear, I think a scarf of net and imitation lace would serve your turn.

Rose B.—(1) Everybody is asking about Empire scarves. You will find one at No. 6706. They are very easy to make, should be *quite* half-a-yard wide, and *at least* two yards long. Not many Englishwomen manipulate an Empire scarf gracefully. It should lie across the shoulders (not at all about the neck) or else be supported above the elbows, and either end must not be allowed to drag. (2) Do I understand that you are a busy working woman? I am by no means one to think those only of the working classes who labour with hand rather than head. If you are a busy worker eschew the scarf, or only wear it on high days and holidays, when you can attend to the manipulation of the paraphernalia of dress. It is one of those pretty details which only suit certain women dressed after a certain style. Still I think the scarf will be popular this summer. So many women do not care to go out *en taille*, as Parisians say, and little coats, even shoulder capes, are so hot—if we are to have a summer anything like the last. The scarf is a web, of no weight or thickness, yet it is a wrap—of a sort.

Antimony.—(1) Spanish lace is to be very fashionable. Some of the handsomest Empire scarves are in this lace (black or white). (2) Wide flounces can be of spotted silk net (small dots, not much bigger than a pin's head), trimmed with insertion and edging of lace. This is cheaper than wide lace, which, if of decent quality, is never anything but dear. (3) Certainly, use the tussore for a blouse. Embroidered in white it would look lovely. Look out for the May number (published about April 15th).

Thérèse.—(1) Have the guipure dyed to match the cloth, then the effect would be splendid. I would not suggest dying *real* lace; but this guipure, though nice, is of no special value, and the result will be most elegant. Ficelle lace on deep red face cloth would look bad and *bizarre*. (2) Sailor hats will be made of straws in all colours—red, pale blue, tuscan, mauve, &c., so you can take your choice. (3) Tomato-red is again a fashionable colour. It looks well trimmed with the black velvet ribbon strappings so much to the fore in good gowns this spring. In velvet, tomato-red is being used to pipe and strap cloth of a certain soft blue in Paris, but the blue must be selected with discretion, or the effect is bad.

Deborah.—(1) Strings of narrow black velvet have been revived for picture hats. They suit many faces. (2) The average picture hat is so tilted and lifted on one side that voluminous pads become the only thing which can in part fill the cavity. Why not choose a less "fly-away" model? There are many pretty shapes to choose from.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

For other answers on this subject, see pages 18 & 19.

Letters for Workers (Mrs. E., Dunmow).—I forwarded your letters, and I should be glad to know if you employed my correspondents; and, if so, your opinion of their work.

Blouses, &c. (F. R.).—I have given your name to various correspondents, and have also forwarded letters to you. I should like to know how you succeed, and if you get orders.

COOKERY AND HOUSEHOLD MANAGEMENT.

Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Mrs. Hope will, in case of urgency, answer letters by post if six stamps and a stamped addressed envelope is enclosed for a reply. Otherwise the reply will appear in these columns.

Leta.—I see what you mean exactly. You move about much and scales and weights are a very serious addition to your baggage expenses. Here is a slight help:—One ounce and one tablespoonful are about equal weights. A teacup will hold ½lb flour, and a breakfastcupful ½lb. An ounce of butter is a dessertspoonful, same of dripping. Two teaspoonfuls are one dessertspoonful, and four are one tablespoonful. About six tablespoonfuls are one teacupful. Now, you see, you can easily calculate for cakes, puddings, &c., without elaborate or heavy impedimenta.

Deudrobin.—Have oyster patties, handed. Have on the table a dish of chaudfroid of chicken, one of sweetbreads in aspic, with macedoine of vegetables. Some pressed beef on the side table, and a salad—fruit salad, meringues and cream, as you have no wine. Why not begin supper with *hot* patties instead of cold, and have clear soup in tea cups first? I am sure this will be much more appreciated than coffee.

Brendaloft.—Do you know this way of using scraps of cooked ham? Mince it (free it from skin first), pass it through a sieve or a fine mincing machine, add a little cold boiled rice, a little chopped parsley, and the beaten yolk of an egg. Fill some little patty cases, which have been very lightly baked, with the mixture, and put into a quick oven to get thoroughly hot. Or you may spread the mixture on rounds of fried bread and garnish it with parsley—or pnt it into scallop shells, cover with fine sifted bread crumbs, put tiny pieces of butter on the top and bake till brown in the oven. Serve, of course, in the scallop shells.

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
MARCH, 1907.

DRESS AND HAIRDRESSING.
MARCH, 1907.

HEALTH AND BEAUTY.
MARCH, 1907.

ETIQUETTE.
MARCH, 1907.

COOKERY & HOUSE MANAGEMENT.
MARCH, 1907.

Cookery Recipes and Household Hints
PRIZE COMPETITION.

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:—

FOUR PRIZES, 2s. 6d. each, for the Four Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each, for the Four Best Household Hints.

Competitors must send in their Recipes and Hints on or before March 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

One or both the coupons below must be sent in with the Recipes or Hints.

Competitors must write their Cookery Recipes and Household Hints on *separate sheets*, and put their name and address on each. The sheets can then be pinned together with each coupon.

COOKING RECIPES.
MARCH, 1907.

HOUSEHOLD HINTS.
MARCH, 1907.

The Result of the Competition will be published in the May number.

Note.—All prize-winners, when they see their names announced, must apply by letter for any prize they may be awarded. If such application is not made within a month of the date of the number containing list of prize-winners, the prize will be cancelled.

Miss S. B. writes:—"I have found the competitions very interesting, and am more than delighted with my prize."

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, Myra's Journal, 10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, March, 1907.

DRESS AND MILLINERY.

MILLINER, REMODELS from 2s. Ladies' SKIRTS from 2s. 6d.—Madame White, 638, Fulham Road, S.W.

The Everlasting CROCHET BIB, with 18-carat rolled-gold safety-pin, 1s.; silk trimmed, 1s. 6d.—Elise, 68, Great Russell Street.

2s. PARCEL. Blouses, coat, hat, belt, gloves, oddments. All good things. M3660.

Smart BLOUSES always in stock. Very cheap.—Ratcliffe, 20, St. Luke's Road, Bayswater.

LACE. Exquisite blouse front and collar, Honiton point lace, 9s., V-shaped collar 12s., both 21s. Lovely painted blouse front, 3s. 6d.—Miss Williams, Craigangus, Cheltenham.

Smart DRESS SKIRTS. All wool. 12s. 6d.—Butterfields, 14, Otley Road, Yorkshire.

DAY and EVENING GOWNS, BLOUSES, &c. Renovations taken. Ladies' own materials.—Madam Marian, 33, Lithos Road, South Hampstead.

Exquisite NET SKIRT FRILLS, all colours. 7s. 6d.—F., 24, Florence Road, Ealing.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

Elderly lady's dainty CROCHET SHAWL, silk and wool, new, 7s. 6d. Approval postage. M3657

GOSSAMER LACE.—Exquisite novelty. Easily learnt. Sells well. Lessons in exchange, jewellery, lace, cashmere.—Miss Williams, Craigangus, Cheltenham.

PARCEL, 3s.: Silk blouse (good), hat, belt, gloves, useful oddments. Grey tweed skirt, 40, good condition. 3s. 6d., bargain. M3656

Good brown ZIBELINE ETON SKIRT, 23, 40, 5s. 6d. Blue (dark) ditto, girl 16, 5s. 6d.—Mrs. Cockell, 128, Ardgowan Road, Hither Green, S.E. M3652

SILK LACE BERTHE, 10s. 6d.—Duncan, 90a, Valetta Road, Acton Vale, London.

Children's pretty NAINSOOK PINAFORES, trimmed embroidery, 18 and 20 in. long, 1s. 4d.; 22 and 24 in., 1s. 6d.; 26 and 28 in., 1s. 8d.: 30 in., 1s. 9d. Babies' Pinafores from 9d. Post free.—Mrs. Gutsell, Wealdview Road, Tonbridge, Kent.

NEEDLEWORK, DRESSMAKERS, &c.

MILLINER, from Louise, Regent Street, remodels from 2s.; makes cheap, smart millinery, blouses, gowns; all renovations, including furs, feathers.—Elise, 68, Great Russell Street.

MILLICENT WRIGHT, 45, Artesian Road, Westbourne Grove.—Ladies' own materials. Terms moderate.

MADAME ROUTE, TAILOR and DRESSMAKER. Charges moderate.—90, Helix Road, Brixton Hill.

DRESSMAKER, daily; dresses, blouses, mantles, renovations.—Bates, 70, Grosvenor Road, South Belgravia, S.W.

CROCHET DOYLEYS, TRAY CLOTHS, CHEMISE TOPS, and PINAFORE YOKES. Approval.—Miss H. Cass, 19, Albion Place, Maidstone.

MADAME LEONIE, PARISIENNE DRESSMAKER, 48, Lancaster Road, Bayswater. Ladies materials. Charges moderate.

INDIVIDUAL LESSONS given in DRESSMAKING. Patterns cut and fitted. Terms moderate. M3662

Smart DRESSMAKER, RENOVATOR.—Miss Jones, 217, Monega Road, Forest Gate, London, E.

Experienced needlewoman undertakes dainty LINGERIE, trousseaux, layettes, every kind of plain needlework, artists' and cooking aprons, boys' suits. M3654

Ladies FLANNELETTE CHEMISES and KNICKERS, 2s. each; NIGHTDRESSES, 3s. 6d.; SKIRT KNICKERS, 2s. 9d.; well made; carriage pa'd. M3655

CORSETS made to measure; ladies' patterns copied at the shortest notice; illustrated price list, measurement form, and patterns post free; corsets cleaned and repaired equal to new; trial solicited.—Madame Lee, Corsetière, Elm Grove, Southsea.

Good DRESSMAKING, moderate terms.—Miss Kineton, East Peckham, Paddock Wood, S.O.

MADAME LÉONIE, PARISIENNE DRESSMAKER, 48, Lancaster Road, Bayswater. Ladies' materials. Charges moderate.

JEWELLERY.

For Sale, heavily silver-plated AFTERNOON SERVICE, richly gilt, hall-marked silver SUGAR TONGS, and beautiful TRAY, 19s. 6d., unused.—Elise, 68, Great Russell Street.

For Sale.—String large AMBER BEADS; cure for asthma; 12s., cost 25s. M3644

Handsome Orient diamond PENDANT HEART BROOCH. Sacrifice, 4s. 6d.—Annie, 638, Fulham Road, S.W.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

Sale or Exchange SONGS BY PONTET, ROECKEL.—Teacher, Pishill, Henley-on-Thames.

2,400 used POSTAGE STAMPS, 1d. 100. Henderson, 2, Barton Road, Maidstone.

"WITH THE FLAG TO PRETORIA," unbound; what offers.—Henderson, 2, Barton Road, Maidstone.

MISCELLANEOUS.

Would lady make very cheap PARCEL ODDMENTS useful in sick room. Invalid. M3661

Complete DRESS STAND, in good condition. 27 waist, 40 bust. 8s.—Mrs. E., 67, Binfield Road, Clapham, S.W.

Clergyman's wife, Moorland Vicarage, wants CARE OF DELICATE CHILD or PAYING GUEST. M3658

Killarney and Loch Katrine.—Exquisite large WATER-COLOURS, mounted, make lovely wedding present, 7s. 6d. pair; two pairs, 14s. M3659

Your future and character marvellously foretold.—State birth date, sex, if married, 1s. 1d. Dreams magically interpreted, 6d. each.—"Memsahib Zoraya," 7, Fassett Road, Kingston, Surrey.

HOME-MADE LEMON CURD, 8d.; COCOA-NUT ICE, 1d. bar.—2, Gladstone Road, Whitstable.

For sale cheap, HARRISON SUN CIRCULAR STOCKING KNITTER, with extra cylinders, &c.—Address, Miss Leversha, Stogursey, Bridgwater, Somerset.

Lady would like CHILD whose parents are abroad. Good home. Personal supervision.—M., 52, Burgate, Canterbury.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. MARCH, 1907.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH

DRESSMAKING AT LADIES' HOUSES—

Miss Andrews, 31, Conewood Street, Highbury, N.
Miss Anton, 54, Beresford Street, Camberwell, S.E.
Miss Bates, 70, Grosvenor Road, South Belgravia, S.W.
Mrs. Bennett, 19, Kramer Mews, Richmond Road, Earl's Court, W
Miss L. Bradbury, 335, Wightman Road, Hornsey.
Miss Cooper, 5, Richmond Place, Lillie Bridge, S.W.
Miss Coward, 82, Camden Road, N.W.
Mrs. Goddard, 28, Turneville Road, West Kensington.
Miss Gook, 21, Hollywood Road, Fulham Road, South Kensington.
Miss Lyth, Denstone, near Uttoxeter, Staffs.
Miss Dodd, 7, Gorringe Park Parade, Tooting Junction, S.W.
Miss M. May, 50, Algar Road, Isleworth.
Miss Pearl, 14, Bruce Road, South Norwood.
L. Podmore, 32, Stamner Street, Battersea Park.
Miss Robinson, 15, St. Thomas's Road, Finsbury Park, N.
Miss Saward, 14, Quadrant Grove, Haverstock Hill, N.W.
Miss Smith, 3, Pakeman Street, Hornsey Road, Holloway, N.
Miss Smith, 14, Pendennis Road, Old Brislington, Bristol.
Miss A. Tanner, 9, Exeter Street, Dyke Road, Brighton.
Miss R. Voysey, 8, Davis Road, Acton Vale, W.
Miss C. Wild, 49, Treherne Road, North Brixton, S.W.
Miss E. Willson, 42, Seymour Place, Fulham Road, Kensington, S.W.

LADIES' OWN MATERIALS MADE UP—

Arabelle (from Douset's, Paris), 10, Royal Arcade, Bond Street, W.
Mrs. and Miss Brand, 41, Howland Street, Tottenham Court Road, W.
Miss Breeze, 17, Portland Street, Huddersfield.
Mrs. Brown, 2, West Marland Terrace, Southampton, Hants.
A. and M. Burnett, 7, Windsor Road, Holloway, N.
Miss Clinch, 14, Barrow Hill Road, St. John's Wood, N.W.
Miss J. Comerford, 220, Dalling Road, Shepherd's Bush.
Mrs. England, 440, Edgware Road, W.
Madame Esmé, 154, Ladbroke Grove, Notting Hill, W.
Madame Esther, 105, Ledbury Road, Westbourne Grove, W.
Miss L. Green, 65, Terminus Road, Eastbourne.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Miss A. Kinipple, 122, Abbott Road, Poplar, E.
Madame Kirkley, 24, Connaught Street, W.
Madame Lee, 72, North End, Croydon.
Madame Léonie, 48, Lancaster Road, Bayswater, W.
Miss Mayhew (from Peter Robinson's), 3, Burghley Road, N.W.
Miss Nimmo, 6, Fourth Avenue, Queen's Park, Paddington, W.
Mrs. A. Penfold, Fairhaven, Queen's Road, High Wycombe, Bucks.
E. Rainger, 12, Honiton Road, Brondesbury Road, N.W.
Misses Ramage, 97, Lavender Hill, S.W.
Flora Ratcliffe, 20, St. Luke's Road, Bayswater, W.
Madame Renè, 19, Alderney Street, Victoria, S.W.
Madame Route, 90, Helix Road, Brixton Hill.
Miss Amy Sutch, 4, New Quebec Street, Portman Square, W.
Mrs. Teague, 3, Tennyson Bldgs, Ashley Rd, Up. Parkstone, Bournem'th
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Mrs. E. C. Wicks, 139, Lupus Street, South Belgravia, S.W.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. J. Etherton, 137, Northcote Road, Clapham Junction.
Miss Flight, 26, Linzee Road, Hornsey, N.
Madame Ilene, Abbott'sCourt, Kensington Square, W.
Madame White, 638, Fulham Road, London, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square.

LADIES' SHIRTS—

Edward M. Deighton, 16, Aldgate Avenue, London, E.C.
Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.

PILLOW LACE MAKER—

Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.

FURS RENOVATED—

Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. Annie Roadknight, 43, Blatchington Road, Hove, Sussex.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

All Coupons must be received by the 1st of each month preceding date of issue.

AN IDEAL FABRIC FOR OUTDOOR AND "AT HOME" WEAR.

Is the first and foremost of fabrics for imparting charm and dignity to its fair wearers. Moreover, its rich appearance, light weight and sterling wearing qualities proclaim it the desideratum for Promenade, Visiting, and At Home Toilettes, while for Children's Dresses it is unsurpassed.

The Celebrated "LOUIS" VELVETEEN

Rich in Appearance. Wears Well. Inexpensive.

IN THE NEW CHIFFON FINISH.

"LOUIS" Velveteen is stamped at the back of every yard with the name "LOUIS" spelled L-O-U-I-S, *and in no other way.*

The New "LOUIS" CHIFFON VEL-DUVET

is one of the most fashionable pile fabrics for entire Costumes manufactured for the present season—for lustre, brilliancy of finish, and softness of texture, this cloth excels all others—its wearing qualities are assured, and the price is reasonable.

Ladies experiencing difficulty in obtaining the "LOUIS" VELVETEEN should write to the Manufacturer, 57, NEWTON STREET, Piccadilly, MANCHESTER, who will give name and address of draper supplying it.

LADIES WILL BE WELL REPAID

LOOK FOR THIS TRADE MARK

if they insist on being supplied with THE "Capital" SATIN

AN ELEGANT SILK SUBSTITUTE FOR LINING PURPOSES.

STOCKED BY LEADING DRAPERS.

No matter who says otherwise, there is nothing JUST AS GOOD

"Larola" Regd. BEETHAM'S

NO MORE ROUGH HANDS OR CHAPPED SKIN.

IS UNEQUALLED FOR PRESERVING

THE SKIN & COMPLEXION

FROM THE EFFECTS OF

FROST, COLD WINDS, AND HARD WATER.

IT REMOVES AND PREVENTS ALL

ROUGHNESS, REDNESS, AND CHAPS, &c.

KEEPS THE SKIN DELICATELY

SOFT, SMOOTH, AND WHITE

AT ALL SEASONS.

If used after Cycling, Motoring, Dancing, &c., it will be found DELIGHTFULLY SOOTHING AND REFRESHING.

Bottles, 1/-, 1/9, and 2/6, of all Chemists and Stores. M. Beetham & Son, Cheltenham.

"Oldest & Best."

THE PERTH DYE WORKS

Campbells

FOR CLEANING & COLOURING CLOTHES, CURTAINS, &c.

NEWEYS'

A HOUSEHOLD WORD

THE ALL-BRITISH MAKE

PER 2D CARD OF 2 DOZEN HOOKS & EYES & 1 DOZ. LOOPS.

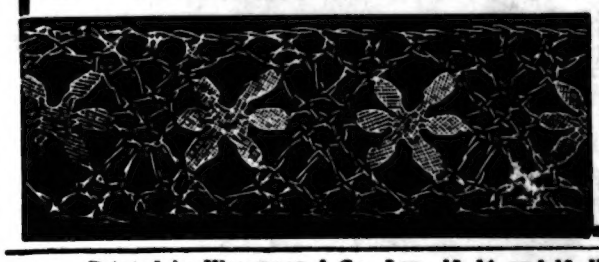
SPRING HOOKS & EYES

IMPERIAL QUALITY

"BB" TORCHONS

REGD. MARK.

Are an actual reproduction of Real Torchon Lace (by a new patented process)



exactly as made by Handworkers on the cushion. All genuine "BB" Torchons bear the above Regd. Mark embossed on every card. To be obtained in a variety of shapes and widths.

PARISIAN BUST CO.,

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Customers will find the Long and Medium Hips the most serviceable.

PROMPT DELIVERY

5/-
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Short Hips 5/- & 7/6
Medium " 7/- & 9/-
Long " 9/- & 10/6 as marked.

Every effort is made to give satisfaction from stock sizes free of charge.

Fitted to your own Bodice.
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Medium " 18/6
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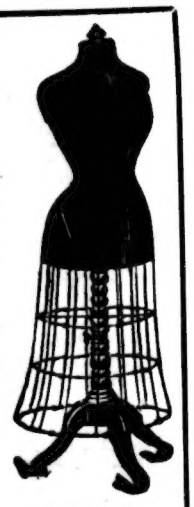
ALL MODELS ARE WELL PADDED FOR PINNING TO.

THE ARGYLE.

Best, 17/6. Second, 16/- To Bodice, 9/6 extra. Portable in box, 21/6.

THE HOUSEHOLD.



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